



Netaji Subhas Open University

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website: www.wbnsou.ac.in

Celebration of International Day of Yoga

Theme: 'Yoga@Home' and 'Yoga with Family'

Date: 21 June 2020

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given, the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on general health and immunity enhancement, along with its globally accepted role as a stress buster. Every individual stands to gain from regular practice of yoga through long-term benefits in health, happiness and well being.

In this present situation of pandemic and lock down, the *School of Education* and *School of Vocational Studies* are jointly organizing the 6th International Day of Yoga on the theme "yoga@Home" and "Yoga with Family" on digital platform following the COVID-19 protocol issued by the Government. On this occasion, the yoga lectures and demonstration on yoga will be organized.

All the employees of the university are invited to attend the programme.

Invited Speakers:

Professor Rajat Roy, Dean -Students' Welfare, Jadavpur University

Dr. Malay Mukhopadhaya, Asst. Professor, PG Institute of Physical Education, GoWB

Dr. Poulomi Ghosh, Asst. Professor & Post Doctoral Researcher, The Ramakrishna Institution of Culture

Yoga Demonstration:

Shri Aninda Kumar Das, Bango Yogaratnam & Yoga Bisharad.

Date: 21st June 2020; **Time:** 11am to 12.30pm; **Venue:** Digital platform (NSOU App)

Moderator: Professor Anirban Ghosh, NSOU

Organizing Secretary

Dr. Parimal Sarkar

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CONVENER

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