

7th International Day of Yoga at Dr. B. C. Roy Engineering College

Yoga is internationally recognised as a holistic approach to build strength and immunity. In recognition of its universal appeal, the United Nations declared 21st June as the "International Day of Yoga" on 11 December 2014. Since 2015 onwards 21st June is celebrated as International Day of Yoga throughout the world.

Yoga is an important part of Dr. B. C. Roy Engineering College and yoga classes are held for the students on a regular basis. In keeping with the joint directive of Ministry of Education and Ministry of AYUSH, a special one hour virtual session was organised by the NSS unit of the college on 21st June, 2021 to celebrate the 7th International Day of Yoga. The event upheld the message of “Be with yoga, be at home” in letter and in spirit.

The session was conducted by Mr. Tarun Mukherjee , Yoga teacher of Dr. B. C. Roy Engineering group of colleges. He is a highly acclaimed physiotherapist and yoga instructor who has studied Patanjali and Raj Yoga at Ramkrishna Mission Vivekananda University. The highlight of the event was the breathing exercises that are seeing renewed interest in the times of covid-19 pandemic.

The event saw both students and faculty participating enthusiastically. Total participants numbered 288. 272 students and 16 faculty members joined in.



Dr. B. C. Roy Engineering College
JEMUA ROAD, FULJHORE DURGAPUR – 713206

Observing

7th International Yoga Day

National Service Scheme

Organising

ONLINE YOGA SESSION

DATE : 21.06.2021

TIME : 09:00 AM

Resource Person : Mr. Tarun Mukherjee

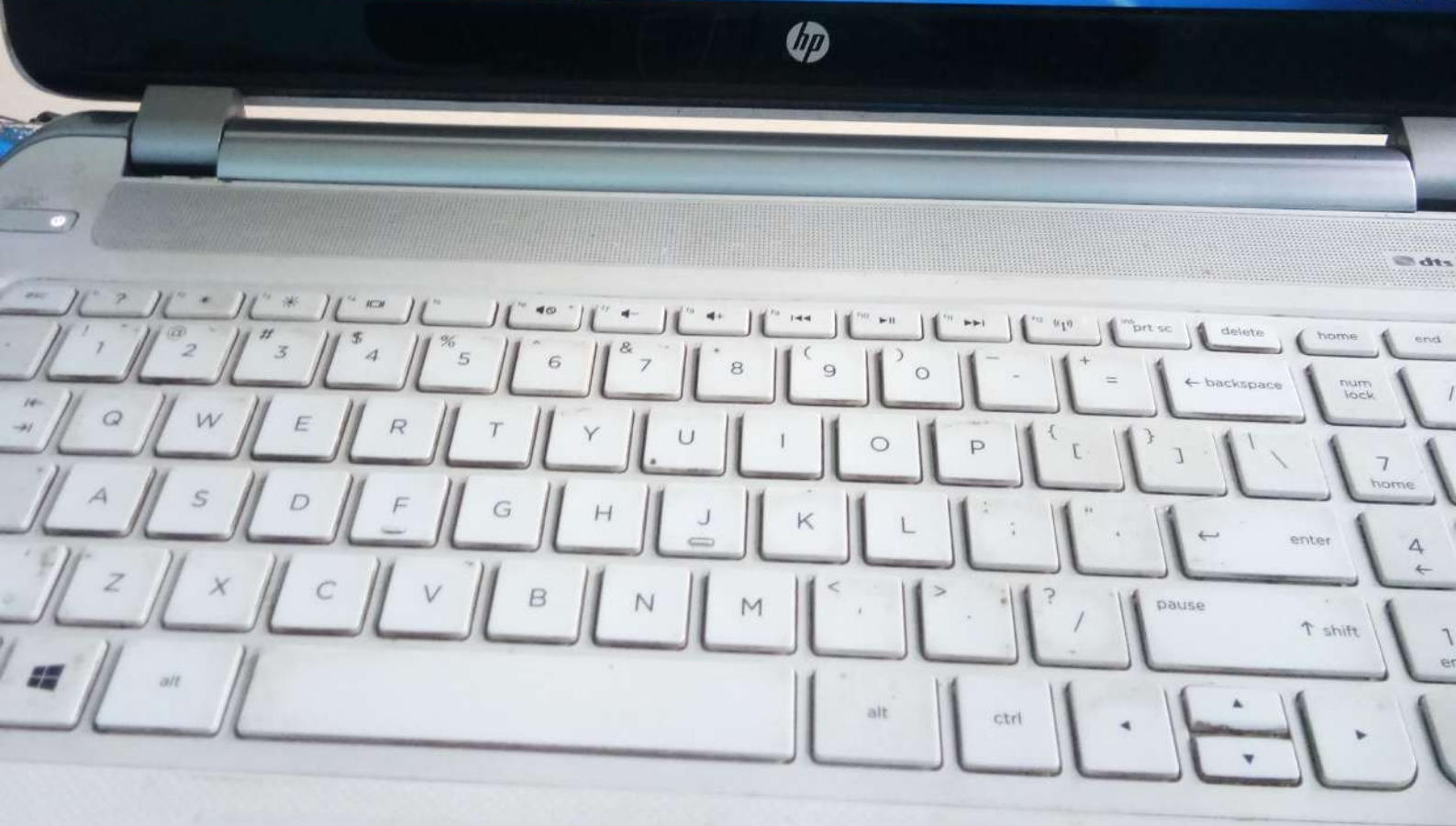
Registration Link : <https://forms.gle/jLs6ytmXFHrJZAME8>

Platform:





The Google Meet interface displays a grid of participants. The top row includes Sourav Mukherjee, PUJA KUMARI, and Shubhadeep Sadhukhan. The middle row features Ayan kumar Majumdar, Lipi Mishra (represented by a large 'L' icon), and MD OSMAN GANI. The bottom row shows a video thumbnail of a yoga session at Deshbanshu Nagar Yoga Center, a placeholder for '92 others' (represented by a large 'A' icon), and 'You' (represented by a circular profile picture). On the right, a 'People' sidebar lists participants: Sanjay Sengupta (You), Abhishek Bhagat, Abhishek Raj, ADITI RAJ, Akanksha Sinha, and Amisha Kumari. At the bottom of the screen, a Windows taskbar is visible with icons for various applications and the system clock showing 9:12 AM.



Sourav Mukherjee

PUJA KUMARI

Puja Dey

Shubhadeep Sadhukhan

Lipi Mishra

MD OSMAN GANI



92 others

You

9:16 AM | uvq-dnjo-ehn

