



sohini ghosh <sohini.ghosh@bcrec.ac.in>

Yoga session to mark the count down of 'International Yoga Day' on 17th May 2022

4 messages

Sohini Ghosh <sohini.ghosh@bcrec.ac.in>

Wed, May 11, 2022 at 3:35 PM

To: Ruma Mitra <ruma.mitra@bcrec.ac.in>, Principal BCREC <principal@bcrec.ac.in>, Khondekar Mofazzal Hossain <km.hossain@bcrec.ac.in>, Dean SWA BCREC <dean_swa@bcrec.ac.in>

Cc: NSS BCREC <nss@bcrec.ac.in>, sohini ghosh <sohini9ghosh@gmail.com>, SRI SUNIL KUMAR CHOUDHARY <sunil.choudhary@bcrec.ac.in>

Bcc: KAMALIKA TIWARI <kamalika.tiwari@bcrec.ac.in>

Dear Madam/ Sir,

The NSS unit of the college is organising a Yoga session as countdown to "International Yoga Day". This is as per the advisory of the Regional Directorate of NSS (document attached). It may be pointed out here that a provision for such an event was already included in our academic calendar on 21st May, 2022. However, said date being a Saturday, we would like to reschedule the event on 17th May, 2022 (Tuesday) from 04:00 pm onwards. Mr Tarun Mukherjee, Yoga instructor, BCREC has agreed to conduct the session.

We seek your permission and support for the smooth conduct of the event.

Thank you.

Regards,

Sohini Ghosh

NSS coordinator.

Assistant Professor,

Basic Science and Humanities department,

2 attachments



Academic Calendar Even Semester_Feb 22 to June 22 and Holiday List 2022 (1).pdf
700K



Yoga Day 2022.pdf
1685K

Ruma Mitra <ruma.mitra@bcrec.ac.in>

Wed, May 11, 2022 at 6:01 PM

To: Sohini Ghosh <sohini.ghosh@bcrec.ac.in>

Dear Prof. Ghosh,

The matter was discussed with our Principal and the event may take place on Wednesday, the 18th May, 2022 from 4.00 PM at Albert Einstein Hall.

You may send a letter to the Principal asking permission for holding the event at Albert Einstein Hall.

Best wishes

Registrar

[Quoted text hidden]

Sohini Ghosh <sohini.ghosh@bcrec.ac.in>

Thu, Jul 21, 2022 at 5:03 PM

To: sohinighoshbcrec@gmail.com

[Quoted text hidden]

2 attachments



Academic Calendar Even Semester_Feb 22 to June 22 and Holiday List 2022 (1).pdf
700K



Yoga Day 2022.pdf
1685K

12/1/22, 11:40 AM

Dr. B.C.Roy Engineering College Mail - Yoga session to mark the count down of 'International Yoga Day' on 17th May 2022

Sohini Ghosh <sohini.ghosh@bcrec.ac.in>
To: sohinighoshbcrec@gmail.com

Thu, Jul 21, 2022 at 5:03 PM

[Quoted text hidden]

Report on countdown to 8th 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 spirit of "Be with yoga, be at home", a special one hour session was organised by the NSS unit of the college on 18.05.2022 to celebrate the 8th International Day of Yoga.

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 some 100 from the college. We were also joined in by some very young participants from a local yoga centre.



DR. B. C. ROY ENGINEERING COLLEGE, DURGAPUR

Observing
INTERNATIONAL
YOGA DAY

Organized by

NSS Cell



Registration Link :

<https://forms.gle/xXqBv6KTQL3chShR7>



Date: 18.05.2022
Time: 04:00 P.M. -05:00 P.M.

Resource Person :
Mr. Tarun Mukherjee

“Yoga is the journey of the self,
through the self, to the self.”
— The Bhagavad Gita


YOGA

Convenor: Prof. Sohini Ghosh
Joint convenor: Prof. Sunil K. Chowdhury


NSS team: Prof. Kamalika Tiwari, Prof. Sukalpa Dey,
Prof. Prianka Roy, Prof. Ruma Ghosh, Prof. Chaity Sarkar, Prof. Subhajit Bhattacharya, Prof. Subhasis Dutta,
Prof. Rakesh Biswas, Prof. Monalisa Chakroborty, Prof. Koyndrik Bhattacharya, Mr. Ayan Singha.

Yoga Session Participation List.

Timestamp	Email Address	Name	University roll no	Department
5-13-2022 11:06:45	manish.sharma110501@gmail.com	Manish Sharma	12000719086	ME
5-13-2022 11:31:42	rakeshmaji435@gmail.com	RAKESH MAJI	12001618070	EE
5-13-2022 11:37:33	thakkarshruti316@gme.com	Shruti Thakkar	12001621098	EE
5-13-2022 11:37:45	raushanchunnu@gmail.com	RAUSHAN KUMAR JH	12001619080	EE
5-13-2022 11:38:59	abhrasasmal03@gmail.com	Abhradip Sasmal	12001621041	EE
5-13-2022 11:39:54	sangeet17122001@ggr.com	SANGEET BHATTACH	12001619115	EE
5-13-2022 11:40:34	rtkg.86@gmail.com	Ritika Kumari	12000319071	ECE
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5-13-2022 11:41:55	rakeshbanerjee1007@gmail.com	Rakesh Banerjee	12001619078	EE
5-13-2022 11:43:34	ranajitroy.001200@ggr.com	Ranjit Roy	12001620087	EE
5-13-2022 11:49:01	souvikdandapat535@gg.com	Souvik Dandapat	12001319025	CE
5-13-2022 11:49:46	avinit14663@gmail.com	AVINIT KUMAR SINGH	12001619087	EE
5-13-2022 11:50:25	kazifahimf@gmail.com	KAZI FAHIM FAISAL	12001320020	CE
5-13-2022 11:50:26	koushiknayeckrmb@gmail.com	KOUSHIK NAYEK	12001320019	CE
5-13-2022 11:52:28	senjitudas1311@gmail.com	Senjuti Das	12001621009	EE
5-13-2022 11:52:41	arman236ayan@gmail.com	Arman Ali	12001321021	CE
5-13-2022 11:53:40	adrijar018@gmail.com	Adrija Roy	12001621006	EE
5-13-2022 11:56:31	sarkarritam46@gmail.com	Ritam Sarkar	12001619092	EE
5-13-2022 11:58:14	satyamsingh25199@ggr.com	SATYAM KUMAR	12001621033	EE
5-13-2022 12:01:22	apurvva265482@gmail.com	Apurva Sharma	12001619025	EE
5-13-2022 12:03:40	saniyaparween2726@gmail.com	Saniya parween	12001621075	EE
5-13-2022 12:06:13	barsanayek22@gmail.com	Barsa Nayek	12001621124	EE
5-13-2022 12:07:07	nishantanand29@gmail.com	NISHANT ANAND	12001619035	EE
5-13-2022 12:07:52	vivekkumarvk0037@ggr.com	Vivek Kumar	12000119115	CSE
5-13-2022 12:08:41	luckyluck83689@gmail.com	SAMIM AKTHER	12001619076	EE
5-13-2022 12:10:03	sanojkumartelwa@ggr.com	SANOJ KUMAR	12000121026	CSE
5-13-2022 12:10:52	ankoorgorai@gmail.com	ANKOOR GORAI	12000121027	CSE
5-13-2022 12:11:10	kingshukmondal02804@gmail.com	KINGSHUK MONDAL	12000119113	CSE
5-13-2022 12:17:42	avinish.gunjan@gmail.com	Avinish chandra	12000119028	CSE



 Principal
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 Coordinator, 'SBS BCREG'

5-13-2022 12:20:06 santana32tea@gmail.c	Debjeeet Mukherjee	12000121089	CSE
5-13-2022 12:21:19 sanchitadutta947@gmr	Sanchita Dutta	12000118051	CSE
5-13-2022 12:23:24 jameelk809@gmail.c	cor Kamran Jameel	12000119117	CSE
5-13-2022 12:26:03 rakeshkrangan99@gm	Rakesh Ranjan	12000119038	CSE
5-13-2022 12:28:02 nileshja93@gmail.c	on NILESH KUMAR	12000319048	ECE
5-13-2022 12:30:16 koushikbej79@gma	il.c koushik bej	12001319048	CE
5-13-2022 12:31:18 amankumar53082@g	rn Aman Kumar	12000319059	ECE
5-13-2022 12:32:45 sauravsuman170@g	m: SAURAV SUMAN	12001619012	EE
5-13-2022 12:33:19 kumarsahabhishek00	@Abhishek Kumar Shaw	12001620088	EE
5-13-2022 12:33:20 pankajsinghjp@gma	il.c pankaj kumar singh	12000319050	ECE
5-13-2022 12:35:39 arifakh964@gma	il.com Arita khatun	12031521006	CSD
5-13-2022 12:35:41 sasalmadhurima1@g	Madhurima Sasmal	12031521005	CSD
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5-13-2022 12:36:33 sabreenanjum640@g	nr SABREEN ANJUM	12000120106	CSE
5-13-2022 12:39:41 adityaaman638@g	mail Aditya Aman	12001621012	EE
5-13-2022 12:41:05 mazumdersutanu1730	k Sutanu Mazumder	12031521023	CSD
5-13-2022 12:44:49 rishid157@gma	il.com Rishi Das	12001620085	EE
5-13-2022 12:45:37 priyanjali1215@g	mail.c Priyanjali Kumaro	12031521034	CSD
5-13-2022 12:45:52 divyaraj.7274@g	mail.c Divya Raj	12031521007	CSD
5-13-2022 12:47:07 tapan.bankura1969@g	g ROHAN PAL	12001620009	EE
5-13-2022 12:54:12 anuraghbarua@gma	il.c Anuragh Barua	12000120076	CSE
5-13-2022 12:55:46 saikatayek007@g	mail: SAIKAT LAYEK	12001621059	EE
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5-13-2022 13:02:11 anindita.june.20@g	mai Anindita Das	12000120077	CSE
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5-13-2022 13:12:14 samikchakraborty200	11 Samik Chakraborty	12000120072	CSE



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5-13-2022 13:17:03 mannuraj317@gmail.co	Mannu Raj	12000118080	CSE
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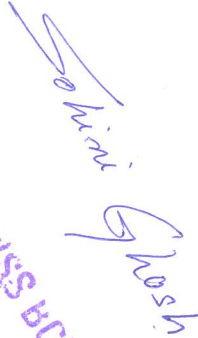
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5-13-2022 14:04:37 praj79485@gmail.com Priyanshu Raj	12001619086 EE
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5-13-2022 14:07:23 saankritrajnandani@gn Rajnandani	12000221013 IT
5-13-2022 14:07:29 kaustavhazra2002@gn Kaustav HAZRA	120002220012 IT
5-13-2022 14:07:49 Yankriti21@gmail.com Yankriti Kumari	12000221050 IT
5-13-2022 14:10:29 debarghayamondal@gi Debarghaya Mondal	12000221059 IT


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"Coordinator, R/S BCREC"