

Yoga Session for students
Organised by
NSS, Dr B.C. Roy Engineering College, Durgapur
On
"8th International Day of Yoga"
Resource person:
Mr. Tarun Mukherjee,
Yoga instructor, Dr. B. C. Roy Engineering group of colleges
21st June, 2023, 09: 00 AM IST

Yoga is internationally recognized 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 "Yoga for Vasudhaiva Kutumbakam", a special one hour session was organised by the NSS unit of the college on 21st June, 2023 to celebrate the 8th International Day of Yoga in association with NCC and Sports Committee. The event was hosted by Prof. Sohini Ghosh.

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 event saw both students and faculty participating enthusiastically at the Civil Building Seminar Hall, BCREC. We were also joined in by some very young participants from a local yoga centre.

DR. BC ROY ENGINEERING COLLEGE, DURGAPUR

No: BCREC/ Yoga/2023

Date: 17th June, 2023


NOTICE

All the students and staff members of BCREC are hereby informed that the institute will celebrate International Yoga Day on 21st June, 2023. The event will be jointly held by the NSS cell, Sports committee and NCC cell of the college on **21st June, 2023 from 12:00 Pm to 01:00 pm at the seminar hall of Civil building.**

All the students, faculty and staff members are requested to participate in this event wholeheartedly and make it a grand success. Registration is on-spot. Participating students will be provided with certificate which can be forwarded for appropriate MAAR points

Event Coordinators:

1. Sohini Ghosh, NSS coordinator
2. Sarabjeet Lahiri, NCC coordinator
3. Sandip Mukherjee, Sports Committee Incharge
4. Supriyo Chatterjee, Sports Instructor


Principal
Dr. B. C. Roy Engineering College
DURGAPUR
Prof. (Dr.) Sanjay S. Pawar
Principal
Dr. B.C. Roy Engineering College, Durgapur



Copy to: Vice Principal
Registrar
Dean (Students' Welfare)



Civil Engineering Department, Kaliganj, Durgapur, West Bengal 713206, India

Durgapur
West Bengal
India



35°C
95°F

2023-06-21(Wed) 12:23(PM)



Civil Engineering Department, Kaliganj, Durgapur, West Bengal 713206, India

Durgapur
West Bengal
India



35°C
95°F

2023-06-21(Wed) 12:41(PM)



Civil Engineering Department, Kaliganj, Durgapur, West Bengal 713206, India

Durgapur
West Bengal
India



35°C

95°F

2023-06-21(Wed) 12:47(PM)



Civil Engineering Department, Kaliganj, Durgapur, West Bengal 713206, India

Durgapur
West Bengal
India

2023-06-21(Wed) 12:50(PM)

35°C
95°F



International Yoga Day 21st June, 2023

List of participants (NSS)

Sl No	Name	University Roll	Whatsapp no	Email id	Signature
1.	Sneha Nath	1200162007	6294686801	snehanath6177@gmail.com	Sneha Nath
2.	Sabin Mallick	12031522014	8509950531	sabin2022nabin20@gmail.com	Sabin Mallick
3.	Supriyo Paul	12001620015	6296400090	supriyopaul00229@gmail.com	Supriyo Paul
4.	Rudra Karanakar	12001620040	8373826126	rudra.karanakar@gmail.com	Rudra Karanakar
5.	Piyush Joshi	12000720028	6291855813	piyush.joshi1980@gmail.com	Piyush Joshi
6.	Ankan Saha	12001619044	7586035316	ankansaha065@gmail.com	Ankan Saha
7.	Arnab Karanakar	32305020041	8383809825	arnabkaranakar593@gmail.com	Arnab Karanakar
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9.	Varad Pawar	12000122125	9930021743	varad.pawar@gmail.com	Varad Pawar
10.	Ashwinyoti Ghosh	12000122131	9593250148	ashwinyoti.ghosh@gmail.com	Ashwinyoti Ghosh
11.	Abhishek Bhagat	12001619043	7908487734	abhishekbhagat747@gmail.com	Abhishek Bhagat
12.	Arnab Ghosh	12001622020	8617564719	arnabghosh@gmail.com	Arnab Ghosh
13.	Rituraj Saha	32305021133	7863909210	riturajsaha19@gmail.com	Rituraj Saha
14.	Argha Chatterjee	32305021092	7407973893	argha.chatterjee@gmail.com	Argha Chatterjee
15.	Agnish Kumar	12000122038	8900323180	agnishk10@gmail.com	Agnish Kumar
16.	Debargha Debbarma	32301222014	9391848027	debarghadebbarma9@gmail.com	Debargha Debbarma
17.	Rohanjit Pandey	12001621157	9547943332	rohanjitpandey17@gmail.com	Rohanjit Pandey
18.	Ratnadeep Paul	12000222054	7679394101	paulratnadeep14@gmail.com	Ratnadeep Paul
19.	Spandan Das	12000222055	9832761112	spandan.das201@gmail.com	Spandan Das
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22.					

S. Ghosh
 www.dhritia.orgonline



Professor in-charge
 C. U. UNIT
 Roy Engineering College
 Birbhum, West Bengal

International Yoga Day: 21st June 2023

List of participants (NCC)

Sl No	Name	University Roll	Whatsapp no	Email id	Signature
1.	Aryadev Routh	32305022013	8250292920	aryadevrouth@gmail.com	Aryadev Routh
2	SUPRABHAT GHOSH	12000222015	8509997288	suprabhat02@gmail.com	Suprabhat Ghosh
3.	Arnya Kumari	32305022089 32305022089	8167412628	aryakumari64@gmail.com	Arnya Kumari
4.	Subhajit Pal	12031522050	9882485853	subhajitpal@gmail.com	Subhajit Pal
5.	Sagnik De	32305022046	8170036430	sagnik3@gmail.com	Sagnik De
6.	Mehak Bhowmik	32305022066	7076041478	Mohit09p@gmail.com	Mehak Bhowmik
7	Kurum	32305022127	9800962476		Kurum
8	Niketa Rao	32303322008	9832048832		Niketa Rao
9	Somyadip Kundu	12001622027	9064016531		Somyadip Kundu
10	Subir Ghosh	12001321069	9800882205	Subir175@gmail.com	S. Ghosh
11	Ayan Kumar Majumdar	12000220007	9882663716	ayanmajumdar@gmail.com	Ayan
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13	Shahala Nigam	12000120109	8170020568	shdeamimuddin0226@gmail.com	Shahala
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Professor in Charge
N. C. C. UNIT
Dr. B.C. Roy Engineering College
DURGAPUR

S. Ghosh
NCC Unit In-charge

