

## International Yoga Day: BCREC Organised Yoga Camp



A sense of spirituality and health awareness pervaded the campus of BCREC on the 21st of June as we celebrated International Yoga Day.

Conducted by Sri Tarun Mukherjee, practitioner of the Patanjali Yoga School and complimented wondrously by his disciple GourabMondal, the 1-day interactive workshop was an experience to remember.

Sri Mukherjee is a regular conductor of Ayush Workshops under the aegis of MHRD. GourabMondol, a student of class IX, demonstrated each of the asanas. He is a District Champion of this art. A large number of students participated as well as numerous faculty and staff. The day's events were inaugurated by the Director of the Institution who felicitated Sri Mukherjee and thanked him for joining us. In addition to the yoga routine practised by the attendees, specific health issues and their treatment by yoga were discussed. Sri Mukherjee addressed multiple concerns that could be cured through the disciplined practice of this ancient Indian traditional art.

The program ended with a Vote of thanks and refreshments for all concerned.

AARAV SINGH	IT	12000217062
ABHINAV TIWARI	CSE	12000117133
ABHISHEK NANDY	ME	12000717125
AKASH KUMAR TIWARI	IT	12000217060
AMAN LAL GUPTA	ME	12000717120
AMARJEET KUMAR	ME	12000717119
ANKIT PRASAD	ME	12000717112
ANKITA CHOWDHURY	CSE	12000117114
ANKITA DHARA	IT	12000217055
ANKITA GHOSH	CSE	12000117113
ARPAN KUMARI	IT	12000217052
ASHU RANT	CSE	12000117106
CHANDAN KUMAR	CSE	12000117102
CHANDRIMA NANDI	IT	12000217050
DEBOLINA DUTTA	CSE	12000117098
DIBYANI SINGH	CSE	12000117096
GARGI GHOSH	CSE	12000117095
GOUTAM HAZARI	ME	12000717101
HARSH PANDEY	IT	12000217046
JYOTI KUMARI	IT	12000217044
KABITA CHATTERJEE	IT	12000217043
KUNAL MUKHERJEE	IT	12000217040
MD RAHMAT HUSSAIN	IT	12000217038
MD.JAMALUDDIN	EE	12001615046
MONA SAH	IT	12000217036
MONU KUMAR JHA	EE	12001616094
MRINAL KUMAR	EE	12001616093
NEHAL AHMAD	IT	12000217034
NIKESH KUMAR SINGH	EE	12001616090
NITISH KUMAR	EE	12001616085
PREM RANJAN PANDEY	EE	12001615062
RAJNISH KUMAR	EE	12001616070
RANJEET KUMAR SINGH	ME	12000715081
RICHA SINGH	EE	12001616066
RISHAV KUMAR	EE	12001616065
RITESH KUMAR	EE	12001616064
ROHAN JAYESH	EIE	12005516013
ROSHAN KUMAR	ME	12000715087
SAMADRITA SAHA	CSE	12000117053
SANT PALI	EE	12001616055
SASWATA DAS	EE	12001615076
SAURAV PATEL	CSE	12000117048
SHASHANK SAURABH	ECE	12000317043
SHILPA KUMARI	CSE	12000117046

