



Yogoda Satsanga Palpara Mahavidyalaya

NAAC Accredited ('B' Grade) and NCTE Recognized (B.Ed. and M.Ed Courses)
affiliated to
Vidyasagar University, Midnapore and WBUTTEPA, Kolkata, (Govt. of West Bengal)

At + P.O : Palpara, Dist : Purba Medinipur, PIN Code – 721458, West Bengal, India

Ref:

Date: 23/06/2023

To,
The Co-Ordinator,
NSS Units,
Vidyasagar University,
Midnapore – 721102

[Subject: Workshop on 'Practice of Yoga for a Healthy Body and Mind' by NSS]

NSS Unit- I, II, III and IV of Yogoda Satsanga Palpara Mahavidyalaya of Purba Medinipur District organised a Workshop on 'Practice of Yoga for a Healthy Body and Mind' in collaboration of the Department of Physical Education and the IQAC of the college this year with great zeal. The programme throughout the day was held in two parts. The first segment of the programme commenced at 8:00 a.m. in the college play ground in front of the Phusical Education Department. The programme was inaugurated by Dr. Mrinal Kanti Dey, HoD of Philosophy Department and he was the chief guest of honour in the session. He was cordially felicitated by the students. Mr. Dey offered floral tribute to the portrait of Paramhans Yogananda. Almost 100 students present during the session to practice yoga were enthralled with the motivating and inspiring messege and speech of Dr. Dey. Students were informed of the various positive health benefits through the regular and systematic practice of yoga. The historical background oy yoga with its application in future was also discussed. Students then started practice various ashanas of yoga through the instruction of the physical instructors. With each posture of yoga, the health benefit was also discussed about the particular posture.

The second session also became very interesting and encouraging for the participants who assembled in room no. N-4 at 2:30 p.m. to join the seminar on Yoga. Students came to know about the technical aspects of practicing yoga in their spare time to drive off doctors and regular medication. All the programme officers were present in the session along with 90 participants (M-65, F-25).



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Glimpses of the day's activities have been documented and pictorially delineated underneath.

With regards,

Sd/-
Prof. (Dr.) Pradipta Kumar Mishra
Principal
Y.S. Palpara Mahavidyalaya

Place: Palpara
Date: 27.06.2023

Name of the NSS Programme Officers :

Unit-I : Prof. Binod Kumar Sardar

Unit-II : Prof. Srimoyee Roy

Unit-III : Prof. Sujit Mandal

Unit-IV : Prof. Bhupen Mondal



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NATIONAL SERVICE SCHEME

Notice

Date: 23.06.2023

All the Teaching, Non-Teaching staff, volunteers of NSS Unit - I, II, III & IV of Yogoda Satsanga Palpara Mahavidyalaya are hereby informed that National Service Scheme, NSS in collaboration with the Department of Physical Education and IQAC of the college are going to celebrate the International Yoga Day – 2023 on 21.06.2023 at 7:30 a.m. in the college campus. In this session Yoga will be practiced by all the participants for the development and growth of our body and mind. In the second session a seminar on the importance of celebrating the Yoga Day will be arranged in the Room No. N-4. All NSS Volunteers are cordially invited and requested to remain present in both the sessions.

NSS; P.O. Unit-I : Prof. Biond Kumar Sardar

NSS; P.O. Unit-II : Prof. Srimoyee Roy

NSS; P.O. Unit-III : Prof. Sujit Mandal

NSS; P.O. Unit-IV : Prof. Bhupen Mondal

Sd/-

Prof. (Dr.) Pradipta Kumar Mishra

Principal

Yogoda Satsanga Palpara Mahavidyalaya

Web Site: www.yspm.org E-mail : yspmprincipal@rediffmail.com , Contact : 03220– 249227 Fax : 03220 – 249867

NOTICE OF INTERNATIONAL YOGA DAY-2023



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NATIONAL SERVICE SCHEME

ATTENDANCE SHEET

NAME OF THE PROGRAMME: SEMINAR ON INTERNATIONAL YOGA DAY, 2023

NSS; P.O.Unit-I: Binod K. Sarda

NSS; P.O.Unit-II: S. Roy

Date: 21/06/2023

NSS; P.O.Unit-III: Sigit Mondal

NSS; P.O.Unit-IV: Bhupen Mondal

Serial No.	Name of the NSS Volunteer	Semester	Department	Class Roll NO.
1	Krishna Paria	2nd sem	English	307
2	Sanjita Dasree	2nd sem	English	264
3	Somasree Ray Mahapatra	2nd sem	English	265
4	SuPalna Jana	2nd sem	English	257
5	Papaya Das	2nd Sem	English	339
6	Sulekha Ghosh	2nd sem	English	306
7	Shreema Ghosh	2nd Sem	English	299
8	Sugruha Bhakta	2nd sem	English	282
9	Tanushai Das	2nd Sem	English	305
10	Manisha Saha	2nd Sem	English	302
11	Susama Manna	2nd sem	English	288
12	Papaya Maity	2nd sem	English	280
13	Tallabi Das	2nd sem	English	252
14	Sanchita Pal	2nd sem	English	255
15	Shibani Maity	2nd sem	English	208
16	Sourya Jana	II	Geography	22
17	Rishita Pal	I Sem	"	08
18	Ampam Saha	4th Sem	Geography	82
18	Arijit Mondal	4th Sem	History	36
20	S. Daran Hazra	4th Sem	Geog.	15
21	Aakash Maity	4th -	Pub. Sec.	37
22	Bipin Maity	2nd Sem.	Geog.	15
23	Salman Sha	2nd Sem	philosophy	23
24	Krishanu Das	4th	Law	92
25	Sourya Jana	4th	"	94

ATTENDANCE SHEET NUMBER : 4

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Date: 21/06/2023

NSS; P.O.Unit-I: *Bijoy Kr. Saha*

NSS; P.O.Unit-II: *S. Roy*

NSS; P.O.Unit-III: *[Signature]*

NSS; P.O.Unit-IV: *[Signature]*

Serial No.	Name of the NSS Volunteer	Semester	Department	Class Roll NO.
1	bubhadra bingha	6th	History	119
2	Susmita Maity	6th	Bengali	88
3	Soubani Samai	6th	physical Edu	65
4	Anita Das	6th	Geography	86
5	Sumita Hatt	6th Sem	physical Edu	97
6	Soma Maikap	6th	Sanskrit	102
7	Manisha Jana	6th	Geography	107
8	Sumana Bera	6th	English	104
9	Chaitali Chatterjee	6th	Physical Education	63
10	Moumita Maity	6th	Pa. Sci	62
11	Ganga Singha	6th	History	111
12	Lusarna Das	6th	Bengal.	113
13	Pampa Jana	6th	Physical Education	105
14	Ujali Maity	6th		108
15	Kumkum Mandal	6th	Philosophy	85
16	Uopita Maity	6th	Sanskrit	84
17	Akash Ghorai	6th	Bengali	189
18	Soumya Singha	6th	Philosophy	196
19	Rupi Ghosai	6th	Physical Edu	188
20	Sudip Kumar mal	6th	Sanskrit	102
21	Amlesh Rana	6th	Sanskrit	100
22	Gourahomi Khatua.	6th	Sanskrit	187
23	Biswajit Manna	6th	English	101
24	Pratima Rani Baroi	6th	Sanskrit	128
25	Mani Roy	6th	Sanskrit	120

ATTENDANCE SHEET NUMBER: 2

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NAME OF THE PROGRAMME: SEMINAR ON INTERNATIONAL YOGA DAY, 2023

NSS, P.O.Unit-I: *Bijal K. Sarker.*

NSS, P.O.Unit-II: *S.Roy.*

Date: 21/08/2023

NSS, P.O.Unit-III: *Handwritten*

NSS, P.O.Unit-IV: *Handwritten*

Serial No.	Name of the NSS Volunteer	Semester	Department	Class Roll NO.
1	Arpita Das Adhikari	6th	Sanskrit	209
2	Suchismita Paul	6th	Sanskrit	292
3	Sadashiba Jena	6th	Sanskrit	217
4	Apkita Bhenia	6th	Sanskrit	238
5	Mansi Dey	6th	Sanskrit	259
6	Haimaruti Mandal	6th	Sanskrit	260
7	Sanika Das	6th	Sanskrit	219
8	Nandya Bag	6th	Sanskrit	243
9	Dipali Ghoshal	6th	Sanskrit	244
10	Sangita Hazra	6th	Sanskrit	246
11	Soma Manna	6th	Sanskrit	245
12	Namita Manna	6th	Sanskrit	247
13	Piya Ray	6th	Sanskrit	222
14	Sunita Sinha	6th	Sanskrit	210
15	Samana Jana	6th	Sanskrit	214
16	Minu Pramuk	6th	Sanskrit	219
17	Pina Mga	6th	Sanskrit	218
18	Indira Pradhan	6th	Sanskrit	240
19	Somayanti Maity	6th	General	278
20	Jayanti Ghogoi	6th	General	229
21	Poulami Maity	6th	General	288
22	Tumpa Rani Mandal	6th	General	265
23	Moumita Das	6th	General	268
24	Papita Das	6th	Political Sci	123
25	Smriti Das	6th	Philosophy	121

ATTENDANCE SHEET NUMBER: 3

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Date: 21/08/2023

NSS, P.O.Unit-III: *Handwritten*

NSS, P.O.Unit-IV: *Handwritten*

Serial No.	Name of the NSS Volunteer	Semester	Department	Class Roll NO.
1	Pranita Maity	4th	Geography	22
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ATTENDANCE SHEET NUMBER: 4

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VOLUNTEERS ATTENDED THE PROGRAMME



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FLORAL TRIBUTE TO THE PORTRAIT OF PARAMHANS YOGANANDA
BY- DR. MRINAL KANTI DEY



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DR. DEY DURING HIS SPEECH



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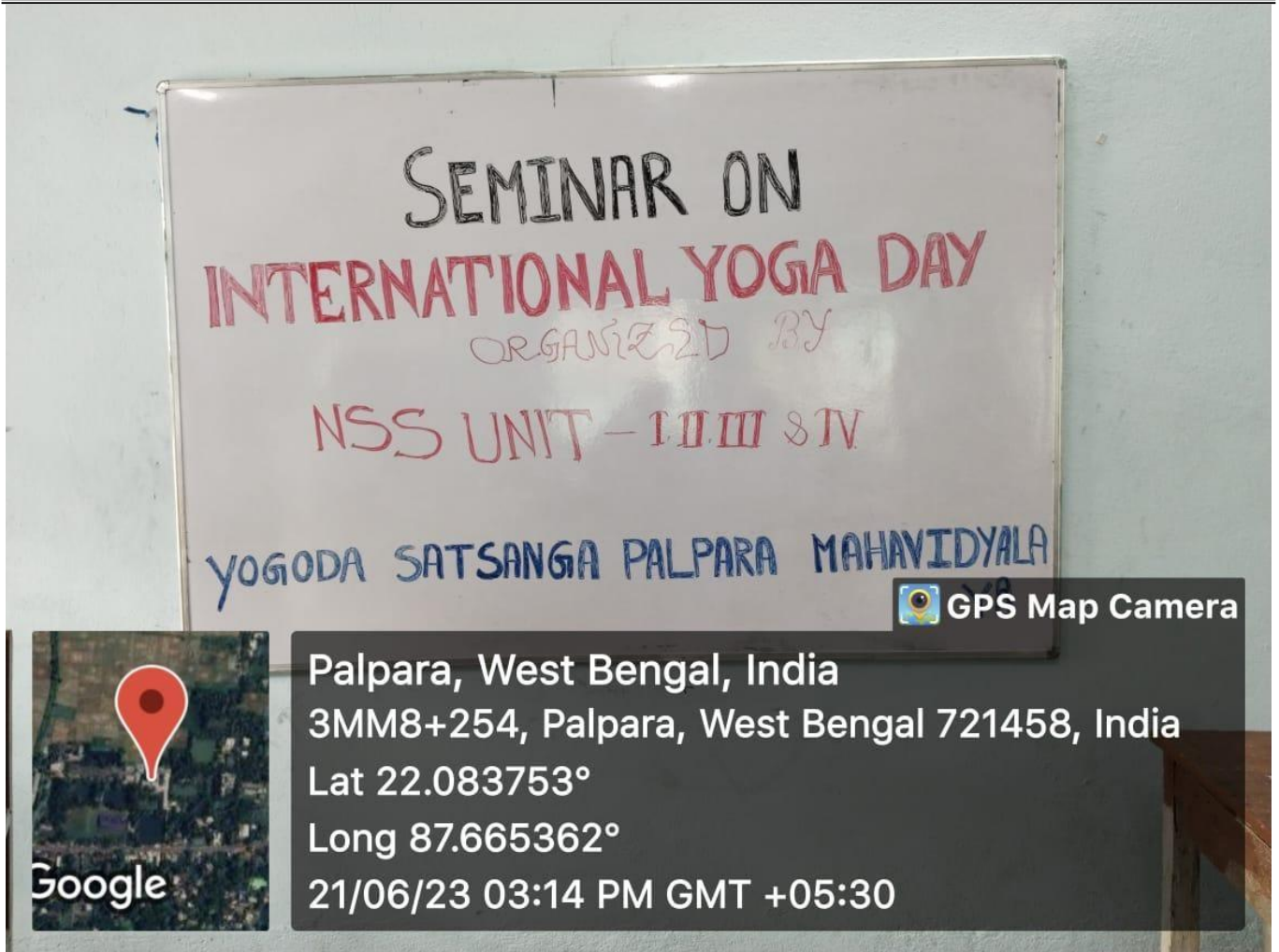
PARTICIPANTS DURING VARIOUS ASANAS



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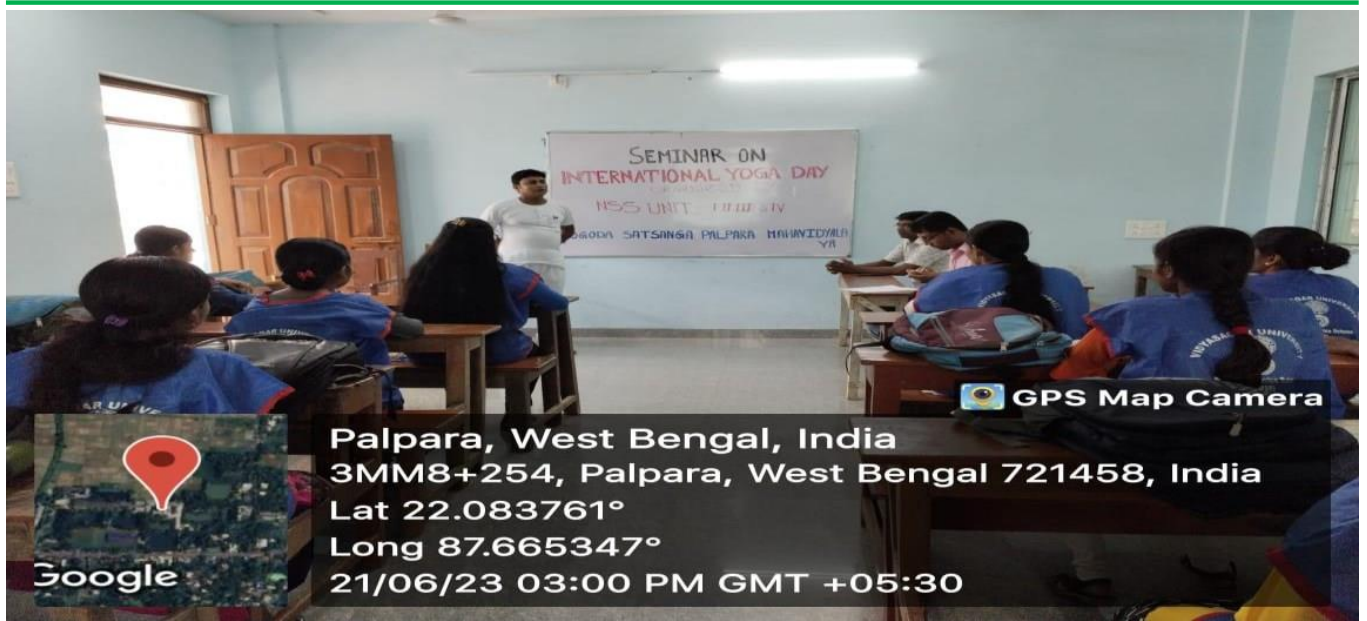




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GLIMPSES OF THE SECOND SESSION OF YOGA DAY

THANK YOU