



CELEBRATION OF THE 10TH **INTERNATIONAL DAY OF YOGA ON 21.06.2024**



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

Date: 21.06.2024

Report on the celebration of the 10th International Day of Yoga – 2024:

NSS Unit- I, II, III and IV of Yogoda Satsanga Palpara Mahavidyalaya of Purba Medinipur District celebrated the International Day of Yoga in collaboration with 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 premises in front of the Central Library. The programme was inaugurated by Prof. (Dr.) Pradipta Kumar Mishra, the principal of the college and he was the chief guest of honour in the session. He was cordially felicitated by the students. Dr. Mishra along with the volunteers, POs and othe teachers offered floral tribute to the portrait of Paramhans Yogananda. Almost 73 students present during the sessions to practice yoga were enthralled with the motivating and inspiring messege and speech of Mr. Jadab Samanta, the other speaker of the programme. Students were informed of the various positive health benefits through the regular and systematic practice of yoga. The historical background of yoga with its application in future was also discussed. Students then started practicing various ashanas of yoga through the instruction of the physical instructors, Mrs. Mahamaya Dinda and Mr. Samaresh Barman. With each posture of yoga, the health benefits were also discussed about the particular posture. 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 73 participants (M-22, F-51).

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



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

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

Place: Palpara
Date: 21.06.2024

Name of the NSS Programme Officers :

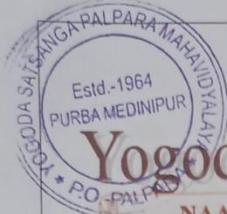
- Unit-I :** Prof. Soumen Roy
Unit-II : Prof. Srimoyee Roy
Unit-III : Prof. Sujit Mandal
Unit-IV : Prof. Mohan Kumar Gupta



Prof. (Dr.) Pradipta Kumar Mishra
Principal
Yogoda Satsanga Palpara Mahavidyalaya
Principal
Y.S. Palpara Mahavidyalaya

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Report of the Programme



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NATIONAL SERVICE SCHEME

Notice

Date: 13.06.2023

All the Students, volunteers of NSS Unit - I, II, III & IV, Teaching and Non-Teaching staff members of Yogoda Satsanga Palpara Mahavidyalaya are hereby informed that the Department of Physical Education and National Service Scheme (NSS) in collaboration with the IQAC of the college are going to jointly celebrate the International Yoga Day – 2024 on 21.06.2024 at 8:00 a.m. in the college campus. Yoga will be practiced by all the participants for the development and growth of body and mind through the programme. In the second session a seminar on the importance of celebrating Yoga Day will be arranged in the Seminar Hall. Your active participation in both the sessions is graciously invited.

NSS; P.O. Unit-I : Prof. Soumen Roy

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

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

NSS; P.O. Unit-IV : Prof. Mohan Kumar Gupta

Prof. (Dr.) Pradipta Kumar Mishra
Principal

Yogoda Satsanga Palpara Mahavidyalaya
Principal
Y.S. Palpara Mahavidyalaya

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NOTICE

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ATTENDANCE SHEET

INTERNATIONAL DAY OF YOGA, 2024

Organised by
The Department of Physical Education and NSS Units
in collaboration with the IQAC

Date: 21.06.2024

Page number:

Sl. No.	Name	Semester	Roll number
1.	Sangita Danjee	4th	149
2.	Adite Pallanayaj	2nd	189
3.	Amrita Sahu	4th	29
4.	Buddhadev Sahoo	4th	205
5.	Moutrisha Sahoo	4th	93
6.	Utkar Banman	4th	157
7.	Barunali Pandit	4th	198
8.	Jayabhi Palak	4th	22
9.	Sudipa Maity.	4th	18
10.	Manami Kula	4th	16
11.	Bithira Bhunia	4th	87
12.	Sujana Saha	4th	19
13.	Banasai Pal	4th	49
14.	Shreema Ghosal	4th	54
15.	Sudipa Bhunia	4th	30
16.	Biswajit Mandal	4th	
17.	Balaram Samal	4th	360
18.	Baunyasit Saha	1th	630
19.	Chandan Basik	1th	642
20.	Krishna Natha Ray		448

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Sl. No.	Name	Semester	Roll number
1.	Suman Parik		561
2.	Subhojit Behera	4th	242
3.	Madhumita Bhunia	2nd Sem	447
4.	Mompi Jona	1st	401
5.	RumPa Ghosal	1st	654
6.	Ruma Mandal	1st	621
7.	Isita Babu.	1st	610
8.	Anushree Maity	6th sem	8255
9.	Ranajit Mandal	6th Sem	295
10.	Asim Maity	4th Sem	310
11.	Sonu Mandal	1st	540
12.	Soumady Parik	7th Sem	332
13.	Sima Maity.	6th Sem	311
14.	Chiranjit Maity	6th sem	215
15.	Anpita Sahu	6th sem	237
16.	Debolina Manna	1st	616
17.	Susama Manna	6th sem	246
18.	Maithreyi Kaha	6th Sem	827
19.	Piyali Das	4th Sem	227
20.	Alakesh Das	6th Sem	198

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Sl. No.	Name	Semester	Roll number
1.	Rodha Karthi Chakraborty	5th Sem	176
2.	Suman Maity	4th Sem	160
3.	Arpita Saha	6th Sem	237
4.	Priyanshi Maji	6th Sem	178
5.	Maitray Kar	6th Sem	327
6.	Suman Chakrabarti	6th Sem	311
7.	Akash Palani	4th Sem	306
8.	Dhaval Dinda	2nd Sem	560
9.	Madhumita Bhunia	1st Sem	447
10.	Rupamdas	1st Sem	385
11.	Shimpi Paria	1st Sem	436
12.	Lakshmi Das	1st Sem	437
13.	Aranya Homal	2nd Sem	655
14.	Supriya Barman	4th Sem	321
15.	Prishiti Maiti	2nd Sem	253
16.	Moumita Jana	2nd Sem	254
17.	Subhiti Bera	2nd Sem	83
18.	Sudipta Bera	2nd Sem	87
19.	Susmita Rani Samanta	4th Sem	166
20.	Rupali Maikop	4th Sem	170

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Sl. No.	Name	Semester	Roll number
1.	Saumita Pramanik	4th	169
2.	Riya Sarmal	2nd	54
3.	Namita Ahi	2nd	58
4.	Jayita Pahari	2nd	374
5.	Suparna Basman	2nd	129
6.	Moumita Bankura	2nd	42
7.	Sushila Das	2nd	97
8.	Chaitali Ghosh	2nd	113
9.	Shobhika Chakrabarti	2nd	112
10.	Altu Manna	2nd	34
11.	Bikem Kar	2nd	46
12.	Prahallad Das	2nd	96
13.	Santanu Das	2nd	384
14.			
15.			
16.			
17.			
18.			
19.			
20.			

**ATTENDANCE OF THE NSS
VOLUNTEERS OF UNIT - 1,2,3&4**



**THE PORTRAIT OF PARAMHANS YOGANANDA
BEING OFFERED FLORAL TRIBUTE**



GUESTS AND SPEAKERS OF THE DAY, PROF. (DR.) PRADIPTA KUMAR MISHRA, THE PRINCIPAL AND MR. JADAB SAMANTA ARE BEING FELICITATED



GPS Map Camera



Palpara, West Bengal, India
3MM8+H33, Palpara, West Bengal 721458, India
Lat 22.083563°
Long 87.665133°
21/06/24 08:45 AM GMT +05:30

GUESTS ARE BEING WELCOMED



SPEAKERS' SESSIONS OF MOTIVATION









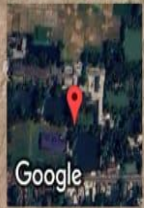








GPS Map Camera



Palpara, West Bengal, India
3MM8+H33, Palpara, West Bengal 721458, India
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Long 87.665142°
21/06/24 09:20 AM GMT +05:30



GPS Map Camera



Palpara, West Bengal, India
3MM8+G3M, Palpara, West Bengal 721458, India
Lat 22.083575°
Long 87.665103°
21/06/24 09:22 AM GMT +05:30



THANK YOU