

Vidyasagar College for Women

39 Sankar Ghosh Lane

Kolkata – 700 006

Report on 3 Days Yoga workshop

Yoga committee of Vidyasagar College for Women conducted 3 days yoga workshop for the teachers, non-teaching staffs and students on 6th May, 12th May and 13th May 2022. During these three days, Smt. Rashmi Pal, yoga instructor of the college carried out the session with a brief lecture explaining various Asanas and their benefits. The session started at 8.30 am and continued till 11 am. The student's session was held from 8.30 -9.30 am. After 30 minutes interlude, the faculties and non-teaching staffs had their session for an hour. The students and the college staffs participated with great enthusiasm.



Report on International Yoga Day Celebration

International Yoga Day was celebrated on 21st June 2022 at the Vidyasagar College for Women New Building auditorium. This event was marked to observe the UGC guidelines and spread awareness of the benefits of Yoga and ways to bring yoga in our daily lives. The event started with welcome address delivered by the Coordinator of Yoga Committee, Shri. Ganesh Hembram at 9 am. He invited Smt. Rupali Chaudhuri, principal of the Vidyasagar College for Women to present her views and commemorate this day. The distinguished speaker of the International Yoga Day was Shri. Rajiv Roy, yoga instructor at the Yoga Monastery. He spoke on the topic of the Philosophy behind Yoga and its benefits for Students. The session ended with enthusiastic response from students who raised many questions on Asanas and their health issues that could be addressed with the help of yoga. The second session was carried forward by the college appointed yoga instructor Smt Reshmi Pal. She took an hour yoga session. The two sessions ended by 11.30 am. The International Yoga Day celebration was a great success and held with high spirit and learning for the entire college community.

