

ESTD: 2008

P.O + P.S.- Hariharpara . Dist.-Murshidabad Pin-742166

Website: www.haziakkhancollege.ac.in E-mail Id :haziakkhancollege@yahoo.com

E-mail Id: <u>haziakkhancollege@gmail.com</u> Mob:

International Yoga Day Celebration: 2021 - 2022

Organized by:

Department of Physical Education, Hazi A. K. Khan College in collaboration with the Internal Quality Assurance Cell (IQAC) of Hazi A. K. Khan College.

Date: 21.06.2022

Time: 12 Noon

Venue: Hazi A. K. Khan College Play Ground

Description of Event:

On June 21, 2022, Hazi A. K. Khan College celebrated International Yoga Day with great enthusiasm and participation from students. The event aimed to promote physical, mental, and spiritual well-being through the practice of yoga and raise awareness about its benefits.

The event commenced with an inaugural ceremony presided over by Dr. Goutam Kumar Ghosh, Principal, Hazi A. K. Khan College, the event was graced by the presence of IQAC Co-Ordinator Dr. Krishnendu Munshi, Dr. Munmun Datta, Secretary of Teachers Counsil (TCS) and other faculty of the college, where the significance of yoga in maintaining a healthy lifestyle was emphasized. A lamp lighting ceremony marked the beginning of the event, symbolizing the light of knowledge and inner peace.





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Mr. Sanjit Kumar Roy, Teacher of Physical Education conducted various yoga sessions throughout the day, catering to different skill levels and preferences. Participants were guided through a series of asanas, pranayama, and meditation techniques, promoting relaxation, flexibility, and stress relief.

The International Yoga Day celebration at Hazi A. K. Khan College was a resounding success, fostering a sense of community, harmony, and well-being among students, faculty, and staff. Through a diverse range of activities and workshops, the event not only promoted the physical benefits of yoga but also emphasized its profound impact on mental and spiritual health. By embracing yoga as a way of life, the college reaffirmed its commitment to nurturing holistic development and promoting a culture of wellness on campus.

The success of this event would not have been possible without the collective effort and dedication of the organizing committee, volunteers and participants. Their enthusiasm and commitment contributed immensely to making the International Yoga Day celebration a memorable and enriching experience for all involved.





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Photo Gallery.

















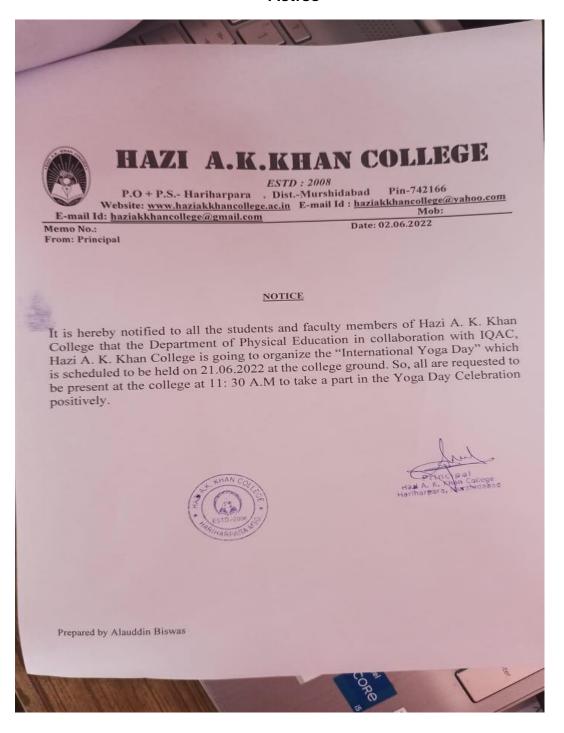
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Participation List

HAZI A. K. KHAN COLLEGE

Hariharpara, Murshidabad

International Yoga Day Celebration

Date: 21.06.2022

Session: 2021-2022

Attendance Sheet

Sl.No.	Reg. No	Name of the students	Signature
1.		CAMPALANTAR	Sorlina Akter
2.	058493	SAHINA AKTAR	Saima Auter Kazal
3.	058494	SAIMA AKTAR KAJAL	Samima Axter
12.55	058495	SAMIMA AKTER	Samina Sultana
5.	058496	SAMIMA SULTANA	gannina Whertun-
702	058497	SARMINA KHATUN	CKIKHEN KLATUR.
6.	058498	SHIKHA KHATUN	011 101-1110
7.	058499	SOBHANA KHATUN	Man To be a Colonia
8.	058511	ABU JAFAR SIDDIQUE	04 30 30 31 30 410
9.	058512	AKTARUL SEIKH	AKTORUL SELKIN
10.	058513	ANISUR RAHAMAN	Anisur, Rahaman
11.	058514	ANISUR RAHAMAN MONDAL	Anssu Rehananme
12.	058515	AROB HOSSIN	ATO B HOSSING
13.	058516	ASIKULANSARY	Asikul Aneary
14.	058517	BASIR AHAMMED	Basin Afamiled.
15.	058518	BOBIN MONDAL	Botson Marker
16.	058519	GOLAMMORTJA	Golamnostra
17.	058520	JABBAR SK	Jabbar &K
18	058521	JINARUL ISLAM	Jenary Dotom
19	058522	JUEL RANA	atrolo Rana
20	058523	MASUM BISWAS	Masum Biswas
21	058558	SAMIMA YEASMIN	Samina Yeasmin
22	058559	SARIFA KHATUN	Sarifa Khahi
23	058560	AVIJIT KUMAR MONDAL	Avijit kinner print
24	058561	KAIF AHAMED	Kaif Ahamed
25	058562	MASUD RANA MONDAL	Majud Pana men se
26	058563	MIR DILWAR HOSSAIN	Mor DILWAY Worse

