



Government of West Bengal

Durgapur Government College

J N Avenue, Durgapur – 713214, Paschim Burdwan, West Bengal, India. ✕ Phone & Fax: +91 0343 2500534
Website: www.durgapurgovtcollege.ac.in

One Day State Level Online Training Program & Webinar on Yoga

Yoga and meditation is the path to happiness and peace. It is essential to keep body fit and release stress and maintain a healthy lifestyle. Mental health considerations in context of Covid pandemic are very essential. This program will discuss and guide the ways to effectively deal with the situation that arised due to the Covid pandemic and also how to enhance and maintain mental health. We believe that organizing such a program during this pandemic situation would surely help one and all to maintain a positive mind, dynamic spirit, right action, concentration and motivation. Keeping this in mind, The Department of Bengali and NCC Unit of Durgapur Government College is organizing a “One day state level online training program & webinar on Yoga” on **21st June, 2021**.

Two resource persons will deliver their thoughts and will teach and show different yoga steps. They will highlight the importance of yoga and meditation in routine life, especially during the ongoing pandemic situation.

The training program & webinar will start at 11 am on 21st June, 2021 on the Google Meet web platform:

Google Meet joining info: One day state level online training program and webinar on Yoga
Monday, June 21, 11:00am – 1:30pm

Video call link: <https://meet.google.com/bbv-mtwo-xka>

All the interested participants can also join the WhatsApp group via the provided link in order to get the Google Meet & YouTube streaming link of the program.

WhatsApp group link- <https://chat.whatsapp.com/EG0gCKXidi6217oj3wigzs>

On this occasion, we cordially invite all the interested students, teachers and non-teaching staffs to participate in this training program & webinar and solicit your kind co-operation to make this venture a grand success.

Shreya Ray

Organizing Secretary

Sanjay Kumar

Convener

Official invitation letter of the online program.



ONE DAY STATE LEVEL ONLINE TRAINING PROGRAM & WEBINAR ON YOGA



Jointly Organized by

Department of Bengali and NCC Unit,
Durgapur Government College

Date: 21st June, 2021

Time: 11 a.m. - 1.30 p.m.

PROGRAMME SCHEDULE

- 11 a.m.-11.05 a.m.-Opening song by the students of the college.
- 11.05 a.m.-11.10 a.m.-Welcome Address by **Dr. Debnath Palit**, *Principal, Durgapur Government College & Patron of the Program*
- 11.10 a.m.-11.15 a.m.- Inaugural Speech by **Dr. Avijit Mondal**, *Coordinator, IQAC, Durgapur Government College & Vice Patron of the Program*
- 11.15 a.m.-11.20 a.m.- Inaugural Speech by **Dr. Tuhin Ghosh**, *Secretary, Teachers' Council, Durgapur Government College*
- 11.20 a.m.-11.25 a.m.- Keynote Address by **Smt. Renuka Adhikari**, *HoD, Department of Bengali, Durgapur Government College*

11.25 a.m.-12.00 p.m:

- Introduction of the invited speaker and trainer by Smt. Susmita Roy (Department of Bengali, Durgapur Government College)
- Performance of yoga steps by **Ms. Joyshree Patra**, *Gold Medalist in World Yoga Championship, National Yoga Championship.*

Topic: "Yoga steps for psychiatric disorders"

12.00 p.m.-1.00 p.m:

- Introduction of the invited speaker and yoga teacher by Smt. Susmita Roy (Department of Bengali, Durgapur Government College)
- Plenary talk and teaching different yoga steps by **Mr. Jayanta Hore**, *Eminent Yoga Author, Psychologist, Founder Secretary, Bardhaman Yoga Centre.*

Topic: "Yoga for health"

Discussion: 10 minutes

- 1.10 p.m.- Vote of thanks by **Dr. Sandip Majumdar**, *Assistant Professor & NCC Caretaker Officer, Durgapur Government College*

** The schedule may change depending on the situation.

Schedule of the online program.