

Event Report

Name of the College: Ramananda Centenary College

Name of NSS Units: Units I-VI

Name of NSS Programme Officer: 1. Sri Sourav Baxi 2. Sri Bidyut Khara 3. Sri Swapan Mahato 4. Sri Phatik Roy Mahato 5. Sri Sajal Mahato 6. Arpita Ghosh

Name of Event: Observation of International Yoga Day, June 21, 2018

Venue: Playground, Ramananda Centenary College

Time & Duration: 7.30 a.m. -9.30 p.m. (Two hours)

Brief Programme Schedule:

Sl No.	Programme	Duration	Contributor	Features
1	About National Service Scheme	10 minutes	Sri Bidyut Khara, NSS Programme Officer	Yoga as an age-old practice, boosts physical, mental and spiritual well being NSS volunteers need for physical and mental fitness
2	Yoga	1 hour	Sri Swapan Dhibar, Physical Education instructor Sri Mrityunjoy Mandal, Lecturer, RCC, and Yoga enthusiast	Volunteers performed Yoga exercises

Participants:

Participants	No	Remarks
Faculty and Staff	05	Active participation of Volunteers and Staff
Volunteers	100	

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Unique Features of this Programme:

- **Relevance of Topic:** International Yoga Day is now celebrated all over India.
- **Benefits of Yoga:** The practice of Yoga is a centuries old tradition that is now well recognized. Volunteers were told about the benefits of Yoga for a stress free, happy life.

Future plan from this event: Volunteers will now inculcate these exercises in their everyday life and also disseminate the benefits of Yoga for children in their respective adopted villages.

Three action Photograph:



Signature of Programme
Officer