



DURGAPUR WOMEN'S COLLEGE

Affiliated to Kazi Nazarul University
Mahatma Gandhi Road, Durgapur, W.B. 713209
e-mail : durgapurwomenscollege@gmail.com

NSS UNIT CELEBRATES YOGA WEEK .

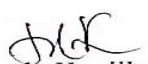
REPORT: On account of mega awareness campaign on YOGA the NSS unit of DURGAPUR WOMEN'S COLLEGE has celebrated various activities through one week & INTERNATIONAL YOGA DAY on 21.06.2024 with the theme 'YOGA FOR WOMEN EMPOWERMENT' with reference to the letter no.F.NO-P-24-1/NSS/DTE/2024/920-936 dt 12.06.2024 received from Directorate of NSS ,NEW DELHI.

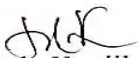
LIST OF ACTIVITIES-----

1. COMMON YOGA PROTOCOL PRACTICES IN THE CLASS.
2. YOGA AWARENESS RALLIES TO GENERATE PUBLIC AWARENESS ON YOGA.
3. YOGA POSTER MAKING COMPETITION .
4. YOGA AT HOME WITH FAMILY.
5. Y-BREAK AT COLLEGE.
6. YOGA DEMONSTATION.

Yoga is an ancient Indian practice that permits the mind & body to be in conjunction with each other . It incorporates meditation ,breathing exercises & stretches to allow stress reduction , relaxation & rejuvenation. For college students , Yoga is integral to their physical & mental health, so that they can excel in her/his academics.




Dr. Mahananda Kanjilal
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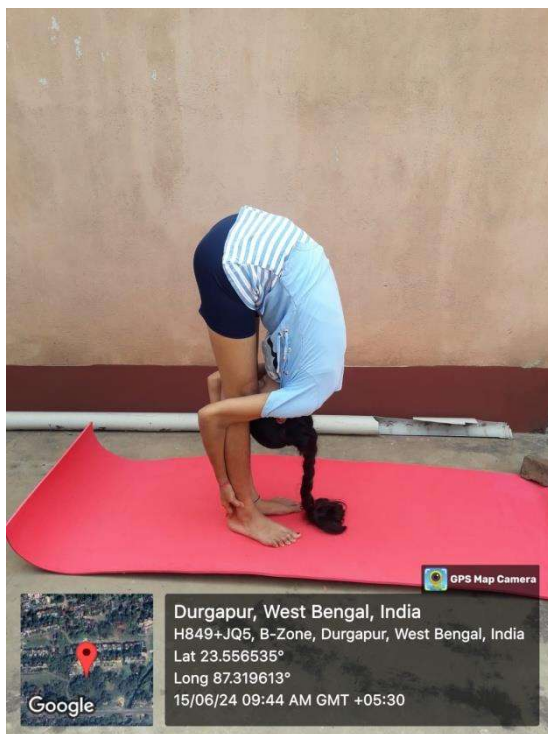

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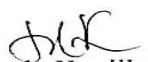
YOGA DEMONSTRATION SOLO ASANAS.

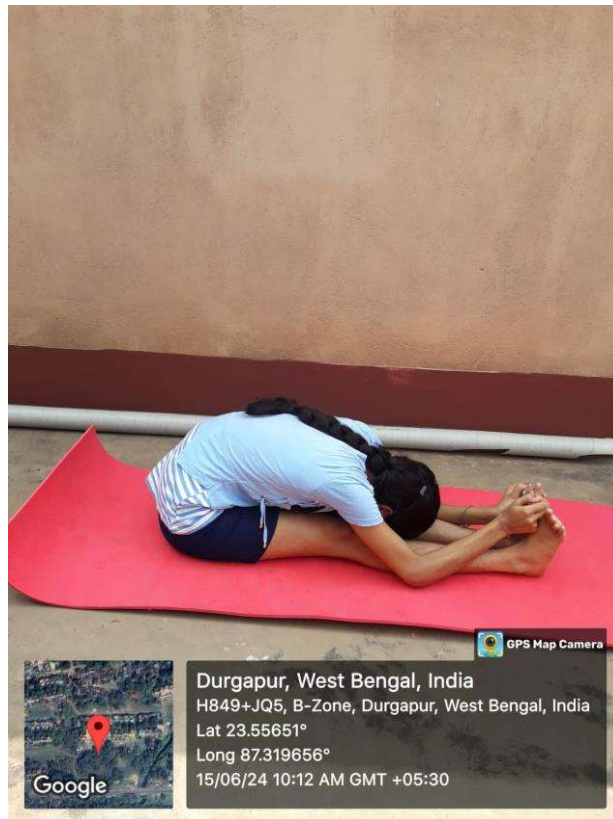


PADAHASTASANA POSE

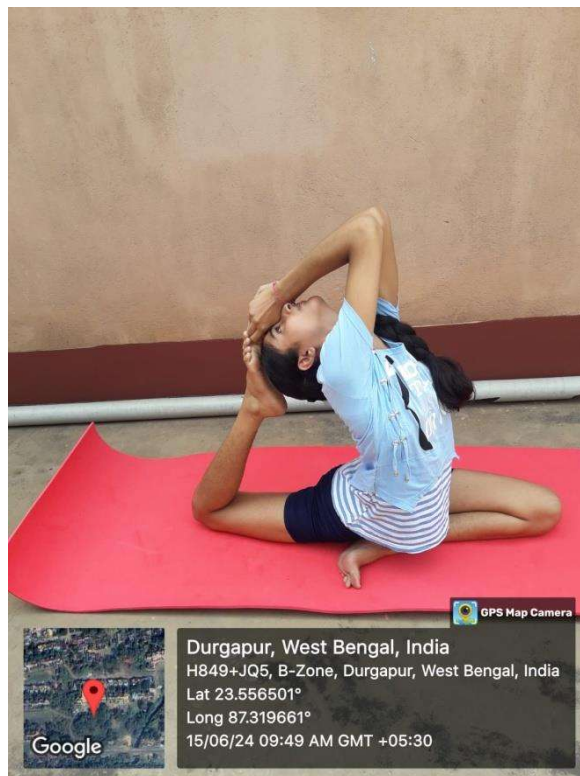


ARDHA MATSYENDRASANA


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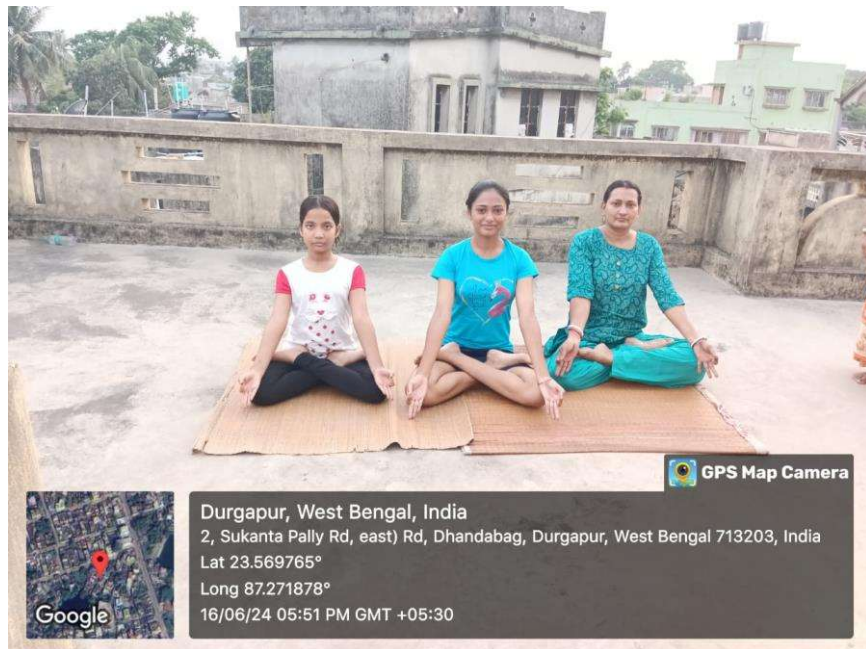


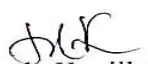
JANU SHIRASANA



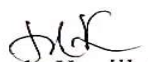
POORNA BHUJANGASANA

YOGA AT HOME WITH FAMILY

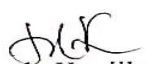


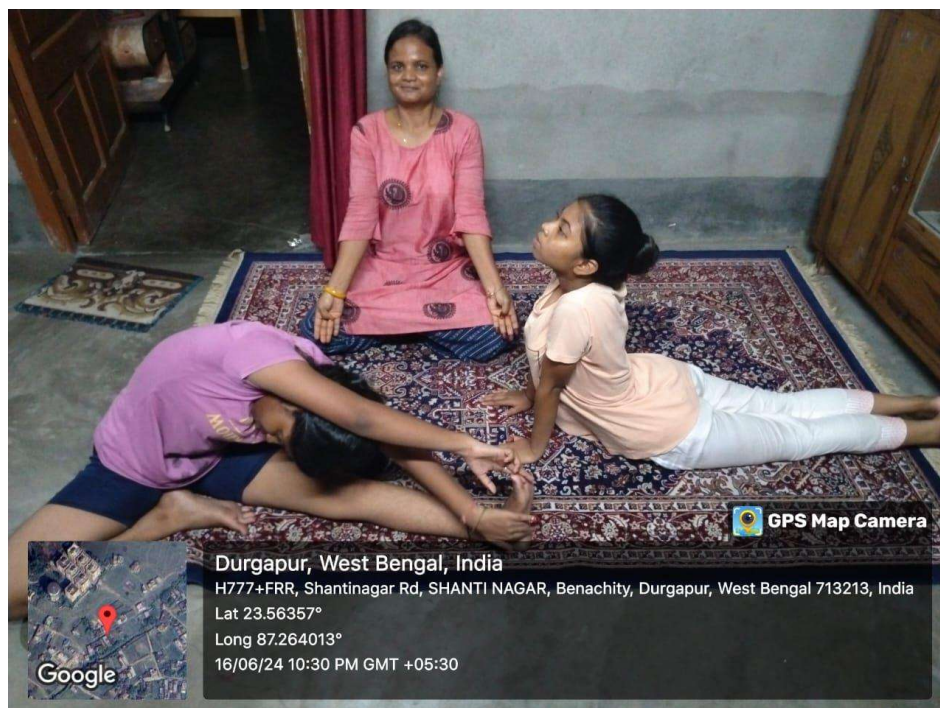

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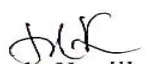


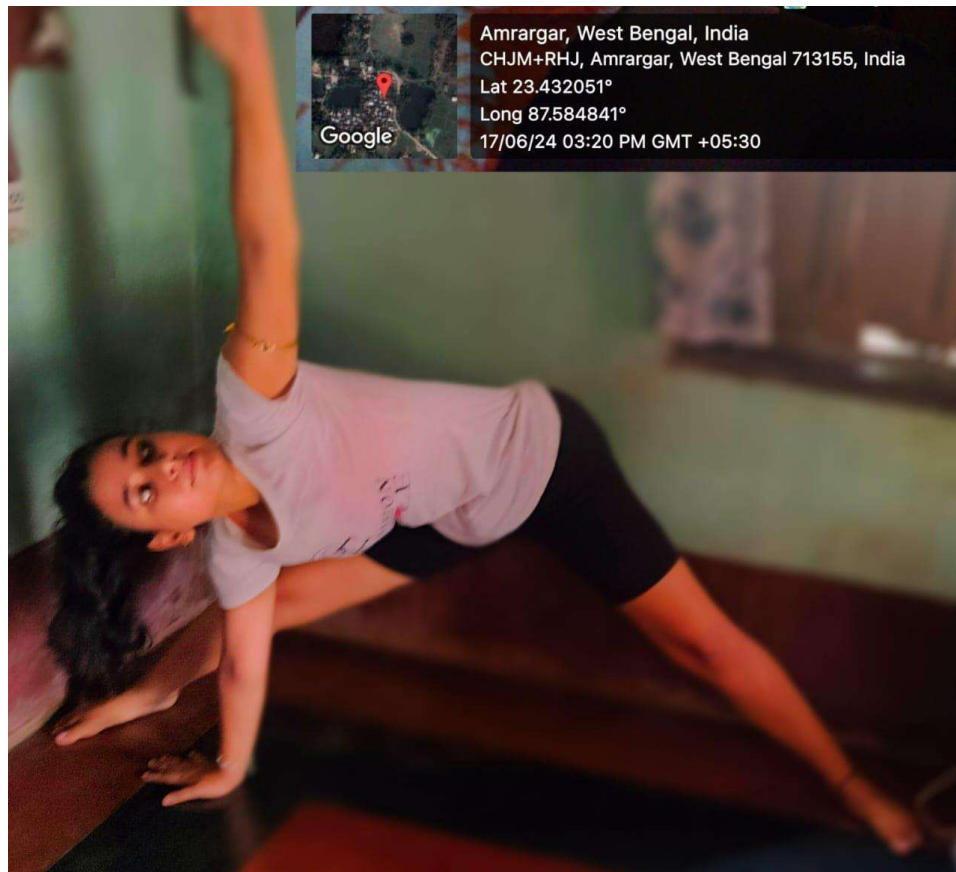
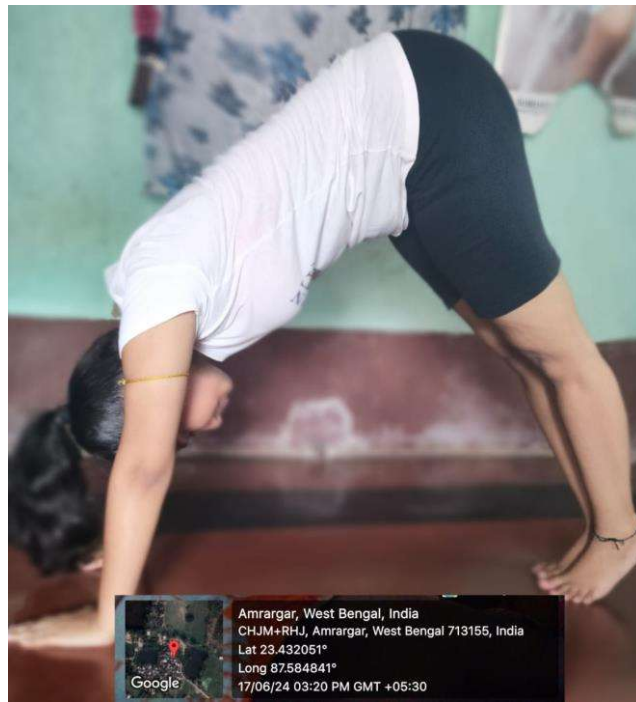

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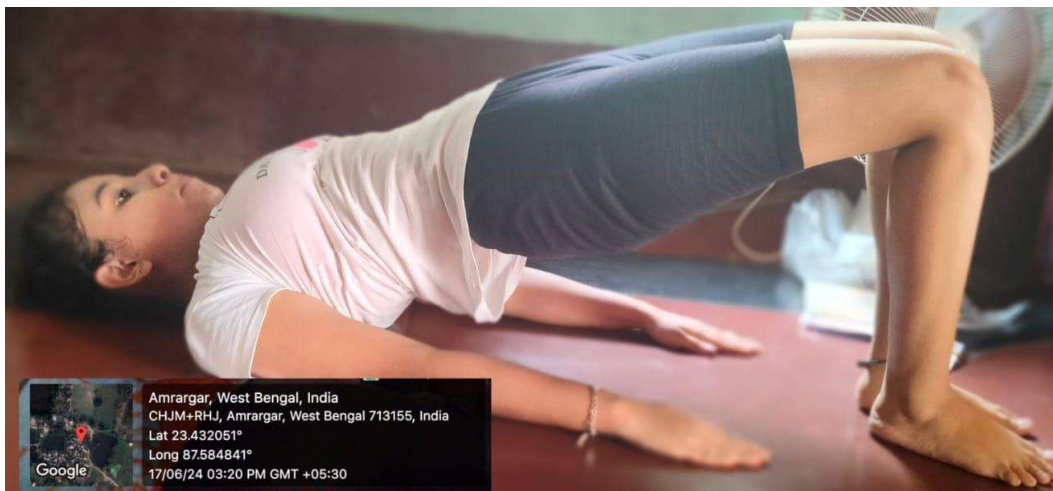
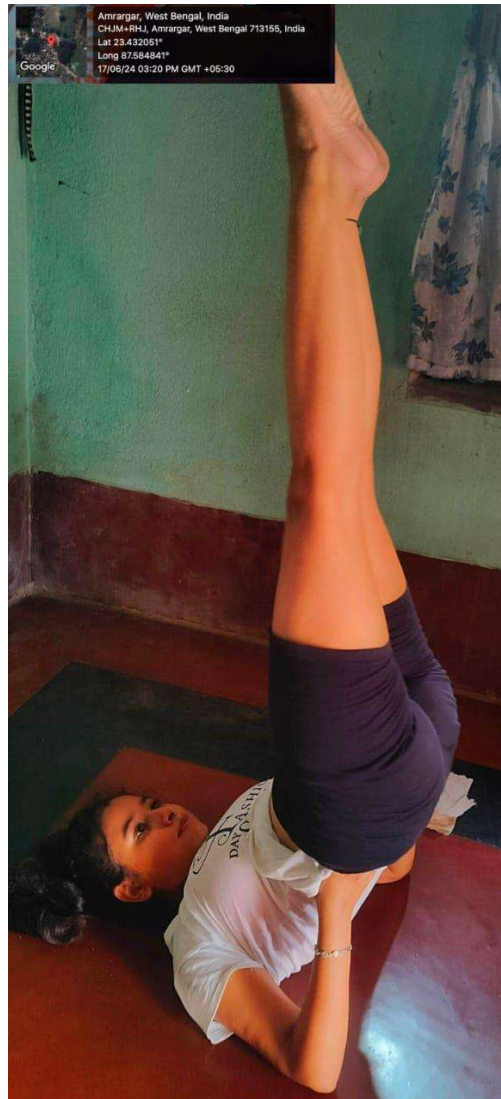


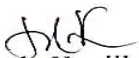

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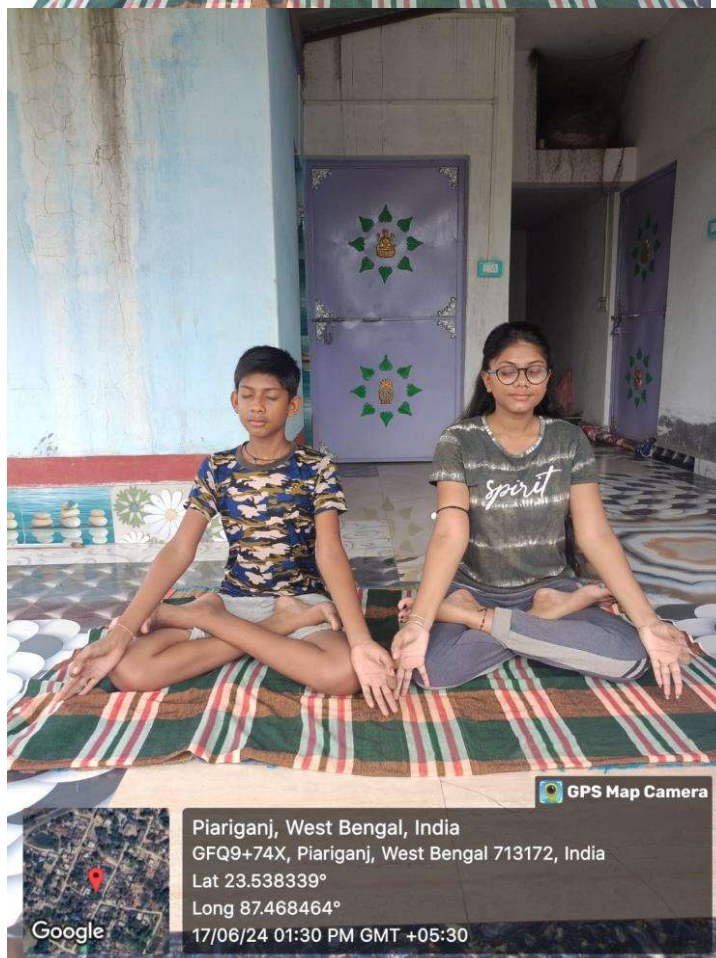


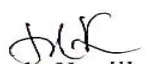

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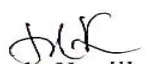



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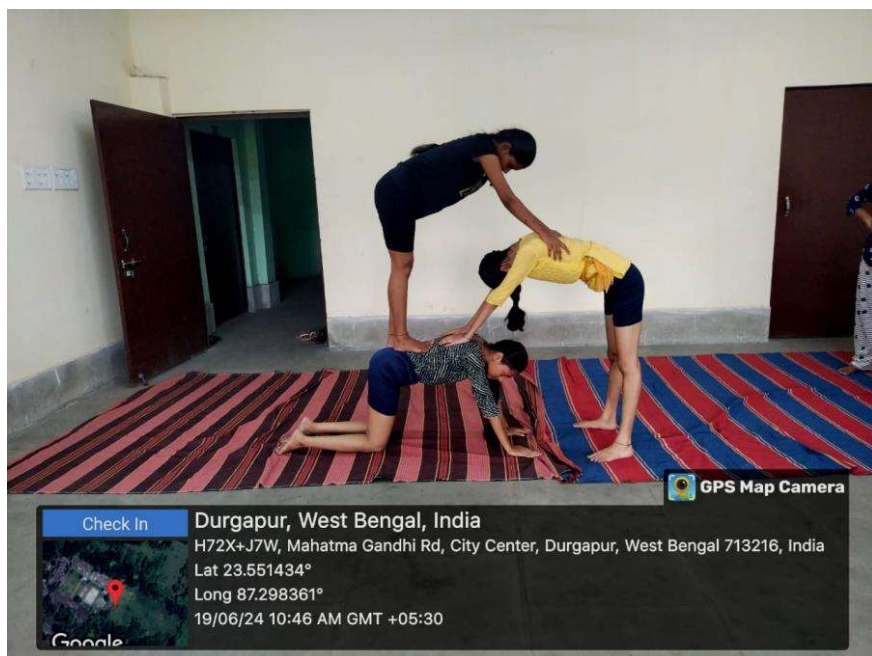


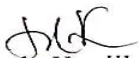

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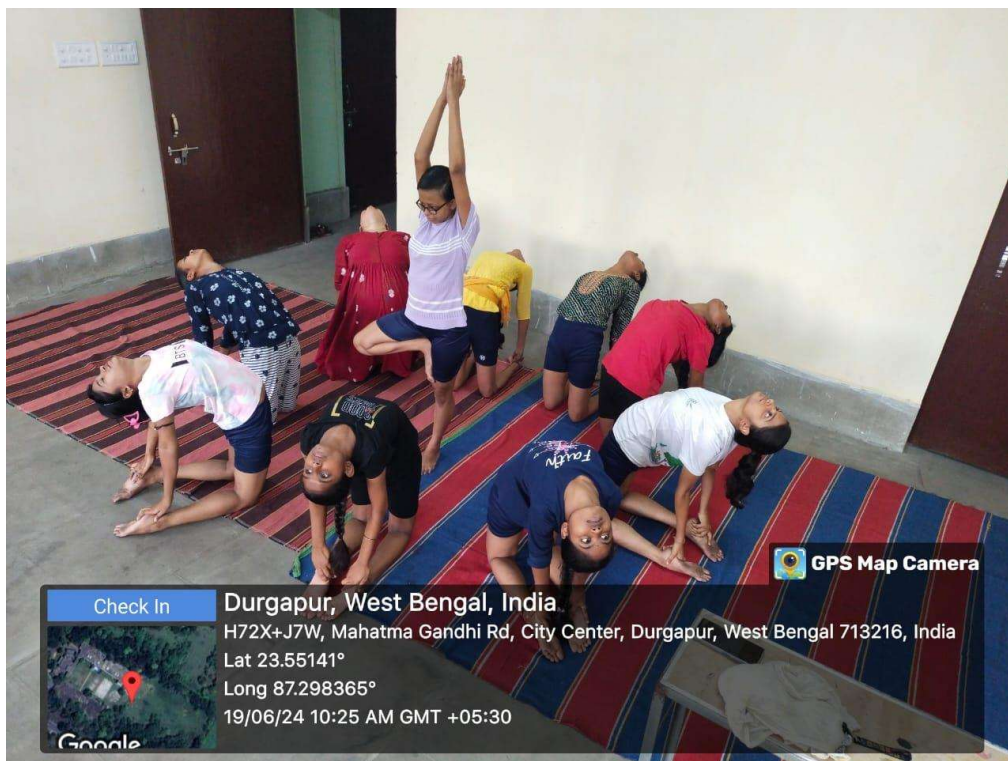



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YOGA WORKSHOP AT THE INSTITUTION.




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Check In

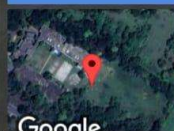
Durgapur, West Bengal, India

H72X+J7W, Mahatma Gandhi Rd, City Center, Durgapur, West Bengal 713216, India

Lat 23.55141°

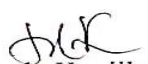
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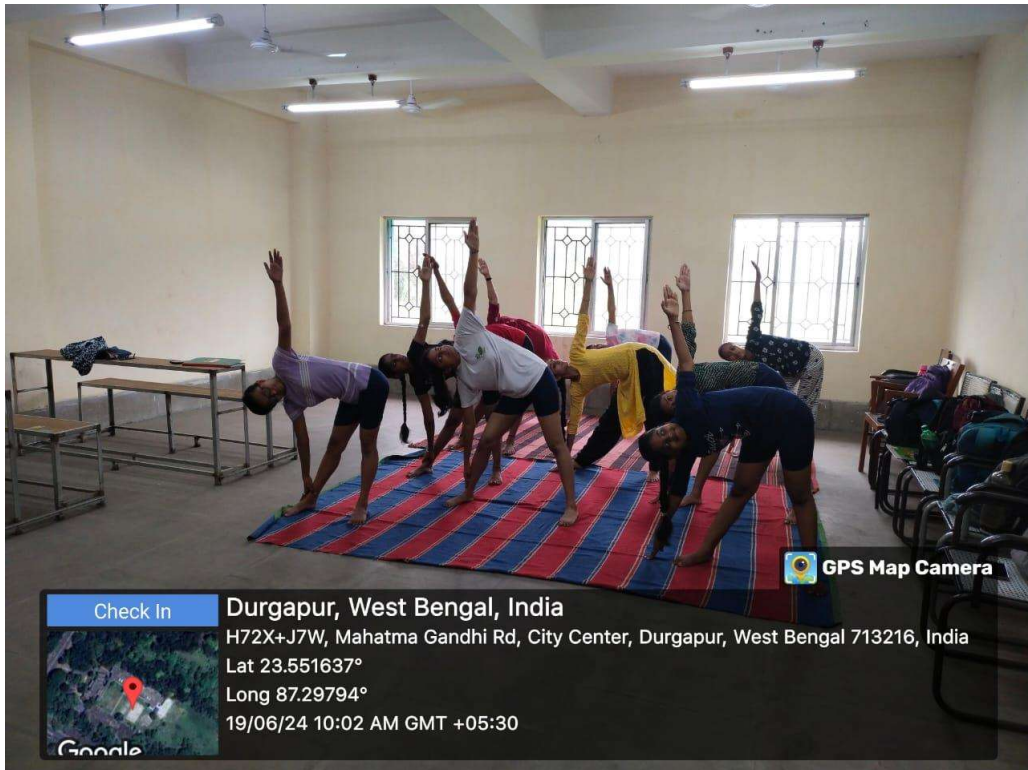
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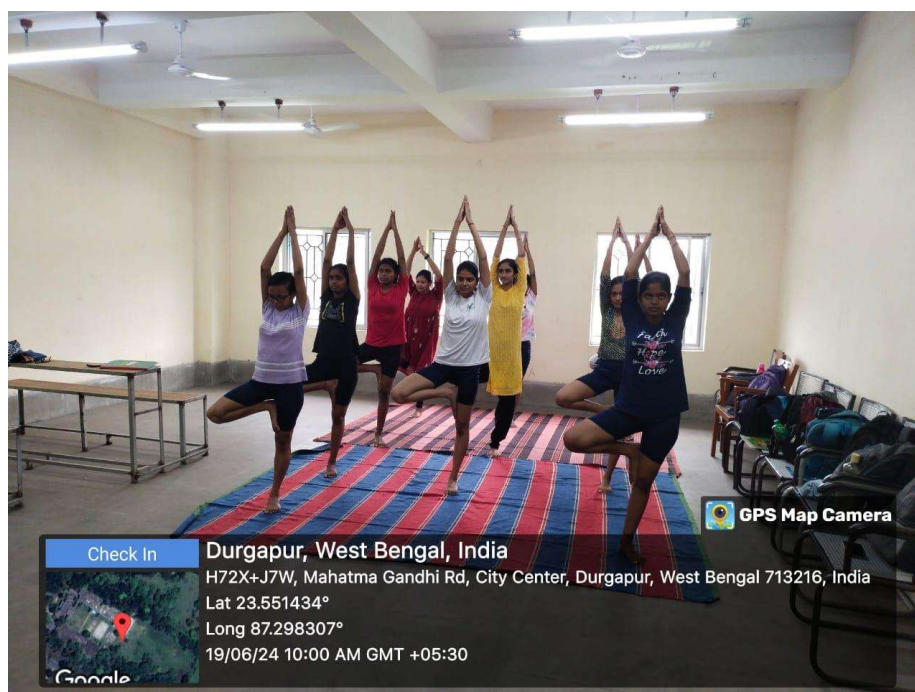


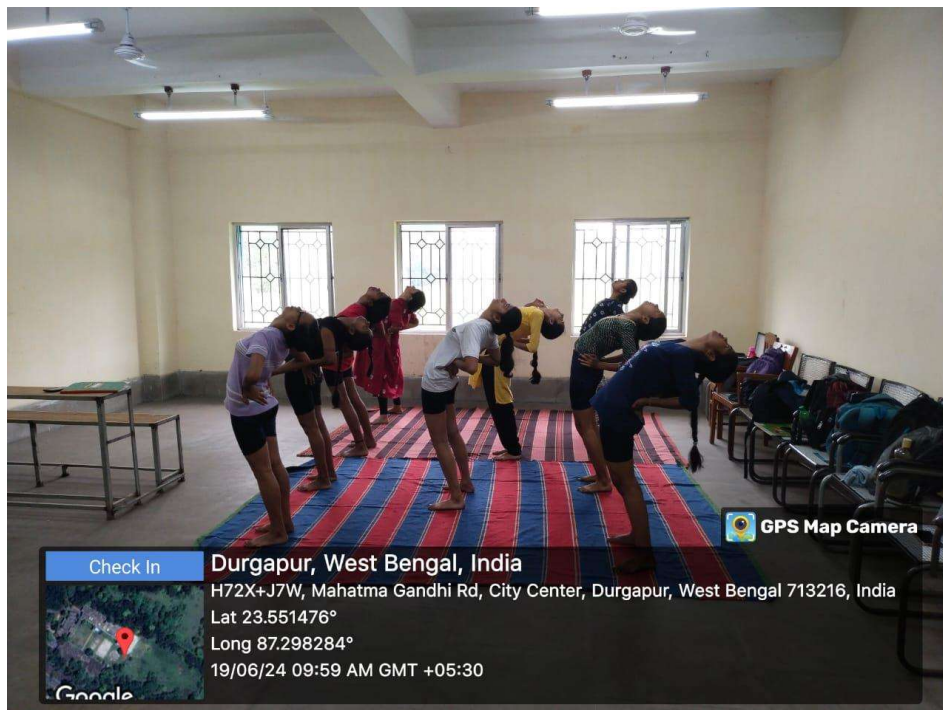
Google

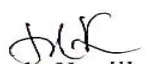
GPS Map Camera


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POSTER MAKING COMPETITION JUDGEMENT





POSTER MAKING.



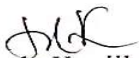
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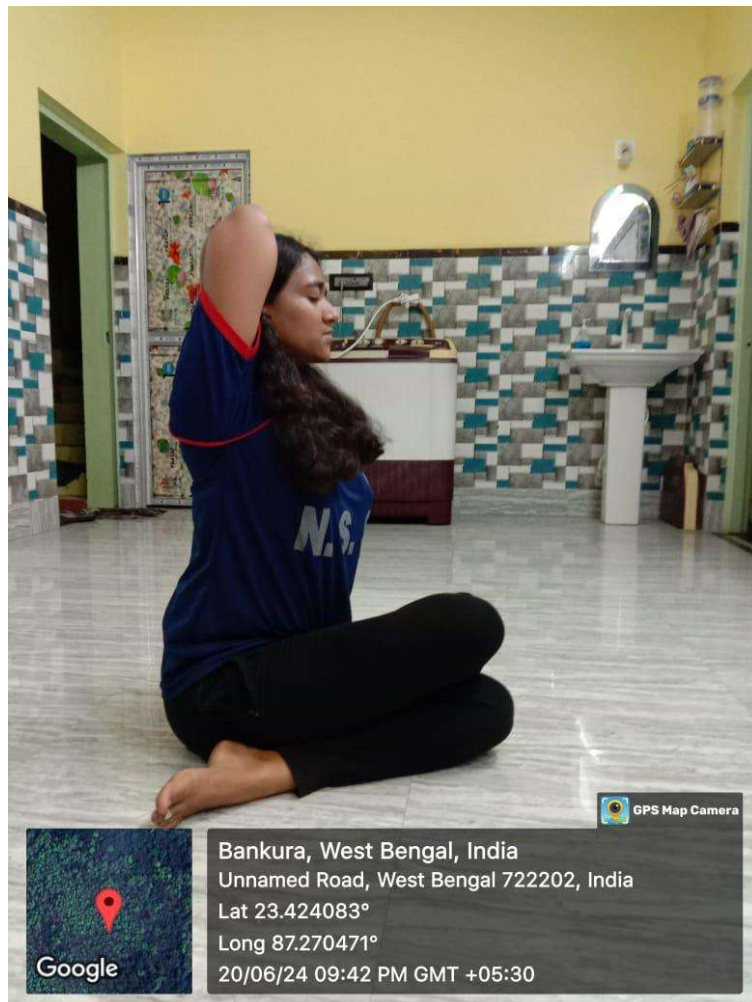



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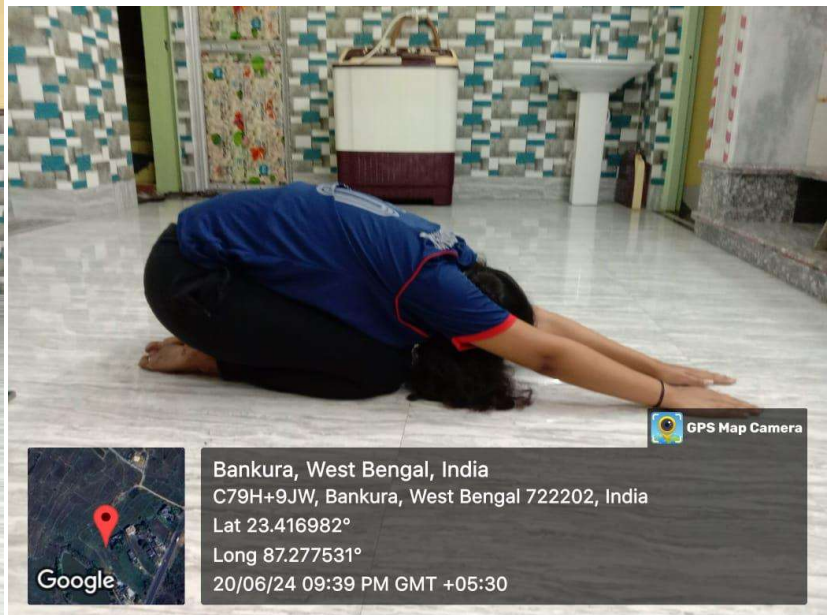
WITH OUR PRINCIPAL MADAM



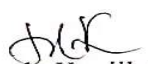

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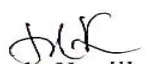
SELF YOGA PRACTICE(COMMON YOGA PROTOCOL PRACTICE)



YOGA LECTURE ON INTERNATIONAL YOGA DAY


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YOGA DAY MASS DEMONSTRATION



Y-BREAK AT COLLEGE (5 MIN YOGA PROTOCOL FOR WORKING PROFESSIONAL)

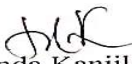




YOGA DAY RALLY BY STUDENTS OF YOGA COMMITTEE, NSS & NCC WITH TEACHERS.

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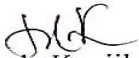



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YOGA DAY RALLY ENDS

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