

Date : 15.06.2021

To
The Principal
Katwa College
Katwa, Purba Bardhaman
Pin 713130

Sub :- Prayer for organize to celebrate International Yoga Day 2021

Sir,

We are glad to inform you that the NSS units of Katwa College are going to celebrate **Prayer for International Yoga Day Celebration** on 21st June 2021 at 07.30 AM – 09.30 A.M. at Katwa College campus.

We request you to allow us to organize the programme on the above mentioned time Date and venue accordingly.

Thanking you

Md Saifur Islam
15/06/21
Principal
Katwa College

Md Saifur Islam
Programme Officer
Katwa College N.S.S.
Unit-I

Yours faithfully

NSS Unit 1

NSS Unit 2

NSS Unit 3

Rajesh Chandra Mandal
Programme Officer
Katwa College N.S.S.
Unit-II

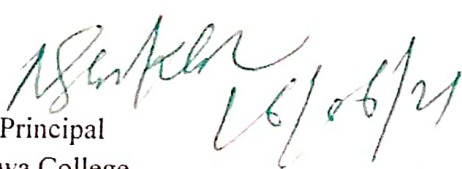
Priyanka Roy
Programme Officer
Katwa College N.S.S.
Unit-III



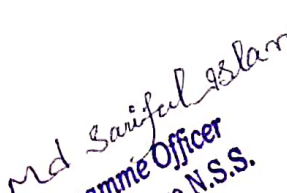
NOTICE

Date: 16.06.2021

International Yoga Day is being celebrated on Wednesday, 21st June 2021 at 7.30am. – 9.30am. in the College premises under the supervision of the trained renowned yoga teacher . All the interested teaching, Non-teaching staff & NSS volunteers are cordially invited with their family members to participate in the programme.


Principal
Katwa College


Princip.
Katwa College

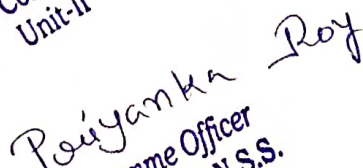

NSS Unit of Katwa College
Programme Officer
Katwa College N.S.S.
Unit-I

Unit 1

Unit 2

Unit 3


Programme Officer
Katwa College N.S.S.
Unit-II


Programme Officer
Katwa College N.S.S.
Unit-III



Date – 21/06/2021

Sub- Celebration of international Yoga Day 2021

Organised by Katwa College NSS Unit I, II, III

Total Attendance : 61

Our Katwa College NSS unit I, II, III organized a special lecture about International Yoga Day and Our honorable principal Dr Nirmalendu Sarkar had given his valuable speech about the importance of Yoga Day. Then our pre- scheduled resource person as a Yoga specialist Mr Probodh Bakshi had given his informative lecture and all participant gained their knowledge about different type of Yoga step. Yoga is an act that unites the body with the soul. It is a means through which we can attain inner peace. The great relaxing effect that yoga has on our minds has innumerable health benefits. It originated in ancient India during the Indus Valley civilization and has grown in popularity ever since. Originally, only the Hindu priests practiced the art of yoga, but later, even common people started practicing it for its health benefits. Yoga is something that is practiced, not learned. You need to perform certain Asana or poses that form the essence of yoga. It is believed that there is total of 84 asanas in yoga. But this number may vary. Many of the Asana has been lost from the Vedic scriptures, and the poses we know today are a minute fraction of it.

ASakar
21/06/21

Principal
Katwa College



Katwa College

Sub:- Celebration of international Yoga Day 2021

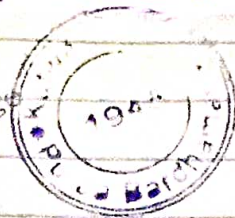
Organized by Katwa College N.S.S unit I, II, III Date:- 21.06.2021

(6)

Attendance Sheet

Name	Unit	Signature
JESMIN KHATUN	1	Jesmin Khatun
CHHANDA MONDAL	1	Chhanda Mondal
Mousumi KHATUN	3	Mousumi Khatun
MANIRA KHATUN	3	Manira Khatun
BASIRUL MOLLIK	2	Basirul Mollick
SANCHITA MUKHERJEE	1	Sanchita Mukherjee
SUJATA KHATUN	3	Sujata Khatun
ASHRAFUNNESA KHATUN	2	Ashrafunnesa Khatun
SOMA DAS	4	Soma Das.
NITA SAHA	3	Nita Saha
LIPA KIRTTANIYA	1	Lipa Kirttaneya
NIRUPAMA DAS	2	Nirupama Das
RUPASI KHATUN	3	Rupasi Khatun.
SAYANDITA GHOSH	1	Sayandita Ghosh
SATYAJIT PARUI	1	Satyajit Parui
MITA MONDAL	1	MITA MONDAL
SIMRAN SAHA	1	Simran Saha
SK HASINA NURJAHAN	3	SK Hasina Nurjahan.
MUNJURA KHATUN	2	Munjura Khatun
SONIA CHOWDHURY	3	Sonia Chowdhury.

Principal
21/06/21
Katwa College



Katwa College

Sub:- Celebration of international Yoga Day 2021

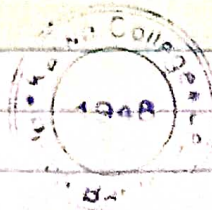
Organized by Katwa College N.S.S unit I, II, III Date:- 21.06.2021

Attendance Sheet

Name	Unit	Signature
Riya saha	3	Riya saha
MUNMUN MUKHERJEE	1	Munmun Mukherjee
ARONITA MONDAL	1	Aronita Mondal
ROKI MONDAL	3	Roki Mondal
puja Das	3	puja Das
PROSENJIT MAJUMDER	1	Prosenjit Majumder.
Mamani Das	3	Mamani Das
PRIYANKA GHOSH	1	Priyanka Ghosh
PAYEL GHOSH	1	Payel Ghosh
ANKITA MAZUMDER	1	Ankita Mazumder
SAJIJUL SK.	3	Sajiul SK.
SUMANA GHOSH	3	Sumana Ghosh
SUPARNA DAS	2	Suparna Das
MALLIKA GHOSH	3	Mallika Ghosh-
HRIDAY MAJUMDER	3	Hriday Majumder
RUBINA KHATUN	3	Rubina Khatoon-
RAHUL DAS	3	RAHUL DAS
KADERA KHATOON	3	KADERA KHATOON
REBATI GHOSH	2	Rebati Ghosh
SOURAV MATABBAR	1	Sourav Matabbar

M. K. Das
21/06/21

Principal
Katwa College



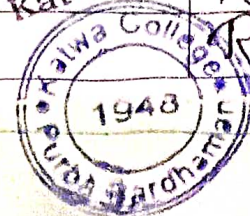
Katwa College

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Name	Unit	Signature
SUBHAJIT HALDER	3	Subhajit Halder
MANDIRA DAS	3	Mandira Das
JOLY BISWAS	3	Joly Biswas
PAYEL GHATAK	3	Payel Ghatak
PRIYA HATUI	3	Priya Hatui
JAYASREE MODAK	2	Jayasree Modak
NAZMUN NAHAR KHATUN	3	Nazmun Nahar Khatun
MANIKA DEBNATH	3	Manika Debnath
SOURAV PAL	2	Sourav Pal
KANKANA PAUL	3	Kankana Paul
ARDAN GHOSH	3	Ardan Ghosh
SUDIPTA HALDER	2	Sudipta Halder
AYAN CHOWDHURY	3	Ayan Chowdhury
PAYEL SAHA	3	Payel Saha
RIYA SIKDAR	3	Riya Sikdar
MOSTAKIM SK	3	Mostakim sk
FALGUNI PAL	3	Falguni Pal
SUPRABHA MUKHERJEE	2	Suprabha Mukherjee
PRATIMA GHOSH	2	Pratima Ghosh
RIYA GHOSH	3	Riya Ghosh



Katwa College

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Organized by Katwa College N.S.S unit I, II, III Date:- 21.06.2021

Attendance Sheet

Name	Unit	Signature
SHILPI BANERJEE	2	Shilpi Banerjee

[Handwritten Signature]
21/06/21
Principal
Katwa College

