

Date :02.06.2022

To
The Principal
Katwa College
Katwa, PurbaBardhaman
Pin 713130

Sub :- Prayer for organize to celebrate International Yoga Day 2022

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 2022 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

Signature of Principal

Principal
Katwa College

Md Sariful Islam

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

Yours faithfully

NSS Unit 1

NSS Unit 2

NSS Unit 3

Rijun chandra mal

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

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



NOTICE

Date:11.06.2022

International Yoga Day is being celebrated on Wednesday, 21st June 2022 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

Principal
Katwa College
Principal
Katwa College

11/06/22

Md Sariful Islam

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

NSS Unit of Katwa College
Programme Officer

Unit 1

Unit 2

Rijeth Chandra Mishra

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

Unit 3

Poojanka Roy

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



Date-21/06/2022

Sub-Celebrationofinternational YogaDay2022

Organised by Katwa College NSS Unit I,II,III

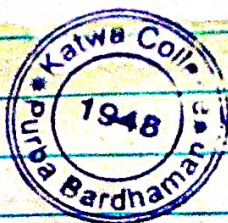
Total Attendance : 66

Our Katwa College NSS unit I, II, III organized a special workshop about InternationalYoga Day and Our honorable principal Dr Nirmalendu Sarkar had given his valuablespeech about the importance of Yoga Day. Then our pre- scheduled resource person as aYoga specialist Sneha Bhattacharya had given his informative lecture and she taught real different type yoga as an and activities in the front of participants and all participant gainedtheir knowledge about different type of Yoga step. Yoga is an act that unites the body withthe soul. It is a means through which we can attain inner peace. The great relaxing effectthat yoga has on our minds has innumerable health benefits. It originated in ancient Indiaduring 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 startedpracticing it for its health benefits. Yoga is something that is practiced, not learned. Youneed to perform certain Asana or poses that form the essence of yoga. It is believed thatthere is total of 84 asanas in yoga. But this number may vary. Many of the Asana has beenlostfromtheVedicscriptures, andtheposesweknowtodayare aminutefractionof it.



N.S. Sarkar
21/06/22

Principal
Katwa College



66

Katwa College

Sub:- Celebration of international Yoga Day 2022

Organized by Katwa College N.S.S unit I, II, III Date:- 21.06.2022

Attendance Sheet

| Sl. No | Name | Unit | Signature |
|--------|--------------------|------|---------------------|
| | ANANYA BISWAS | 1 | Ananya Biswas |
| | RIMA GHOSH | 2 | Rima Ghosh |
| | RUMPA MONDAL | 3 | Rumpa Mondal |
| | SAMPA SAHA | 1 | Sampa Saha |
| | RAJESH GHOSH | 2 | Rajesh Ghosh |
| | SAMPI BISWAS | 1 | Sampi Biswas |
| | KARABI GHOSH | 3 | Karabi Ghosh |
| | TITHI DAS | 3 | Tithi Das |
| | SABYASACHI BISWAS | 1 | Sabyasachi Biswas |
| | AHANA DEY | 1 | Ahana Dey |
| | SUMAN MONDAL | 2 | Suman Mondal |
| | TITLI PRAMANICK | 2 | Titli Pramanick |
| | BEAUTI PAL | 1 | Beauti Pal |
| | CHITRA CHAKRABORTY | 3 | chitra chakraborty. |
| | BAKUL SK | 1 | Bakul SK. |
| | PUJA GHOSH | 1 | Puja Ghosh |
| | JUIN HALDER | 2 | Juin Halder. |
| | KOUSHIK BISWAS | 1 | Koushik Biswas |
| | SANDIP DEY | 1 | Sandip Dey |
| | ISMATARA KHATEUN | 2 | Ismatara khateun |

21/06/22

Principal
Katwa College



Katwa College

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Attendance Sheet

| Sl. No | Name | Unit | Signature |
|--------|-------------------|------|-------------------|
| 21 | ANIKET DAS | 1 | Aniket Das |
| 22 | MOHINI DAS | 1 | Mohini Das |
| 23 | RUBY GHOSH | 2 | Ruby Ghosh |
| 24 | KAJAL SHAW | 2 | Kajal Shaw |
| 25 | ARPITA DAS | 1 | Arpita Das |
| 26 | GOURI DAS | 1 | Gouri Das |
| 27 | RIYA DAS | 3 | Riya Das |
| 28 | PAYEL GARAI | 2 | Payel Garai |
| 29 | ANANYA MAJHI | 2 | Ananya Majhi |
| 30 | SATHI DAS | 3 | Sathi Das |
| 31 | SUSMITA GARAI | 3 | Susmita Garai |
| 32 | FARSINA KHATUN | 2 | Farsina Khatun |
| 33 | MAHAMAYA GHOSWAMI | 1 | Mahamaya Ghoswami |
| 34 | JHULAN MONDAL | 2 | Jhulan Mondal |
| 35 | ANITA SAHA | 1 | Anita Saha |
| 36 | PARNA SAHA | 1 | Parna Saha |
| 37 | UMA RANI DUTTA | 3 | Uma Rani Dutta |
| 38 | RIMPA PAL | 2 | Rimpa Pal |
| 39 | MOUMITA SARKAR | 1 | Moumita Sarkar |
| 40 | SUSMITA GHOSH | 2 | Susmita Ghosh |



M. K. Kar
21/06/22

Principal
Katwa College

Katwa College

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Attendance Sheet

| Sl. No | Name | Unit | Signature |
|--------|-------------------------|------|-------------------------|
| 41 | DIPA SARKAR | 1 | Dipa Sarkar |
| 42 | PRIYA DEY | 2 | Priya Dey |
| 43 | SONAM SINGH | 2 | Sonam Singh |
| 44 | RISHIBRATA BHATTACHARYA | 1 | Rishibrata Bhattacharya |
| 45 | SUPRIYA DEBNATH | 2 | Supriya Debnath |
| 46 | PURBASHA HATUL | 3 | Purbasha Hatui |
| 47 | FAHIGUNNESA KHATUN | 1 | Fahigunnesa Khatun |
| 48 | BRATATI ACHARYA | 2 | Bratati Acharya |
| 49 | APARAJITA MONDAL | 2 | Aparajita Mondal |
| 50 | RIMPA DUTTA | 1 | Rimpa Dutta |
| 51 | ISHITA DUTTA | 2 | Ishita Dutta |
| 52 | SYED SHABNOOR KABIR | 3 | Syed Shabnoor Kabir |
| 53 | SOHANI GHOSH | 3 | Sohani Ghosh |
| 54 | TITLI PAL | 3 | Titli Pal |
| 55 | SONIA DAS | 3 | Sonia Das |
| 56 | GOURI MONDAL | 3 | Gouri Mondal |
| 57 | ARIJIT RAJAK | 3 | Arijit Rajak |
| 58 | SUBHAJIT MODAK | 2 | Subhajit Modak |
| 59 | SANCHITA PAL | 2 | Sanchita Pal |
| 60 | JOYITA GHOSH | 2 | Joyita Ghosh |

M. Sarkar
21/06/22



Katwa College

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| Sl. No | Name | Unit | Signature |
|--------|----------------|------|----------------|
| 61 | MAHIMA KHATUN | 2 | Mahima Khatun |
| 62 | RANA PAUL | 3 | Rana Paul |
| 63 | SUNIDHI DAS | 2 | Sunidhi Das |
| 64 | MONAMI CHANDRA | 3 | Monami chandra |
| 65 | BULA PRAMANIK | 2 | Bula Pramanik |
| 66 | SUDIPTA PAL | 2 | Sudipta Pal |



Handwritten signature and date: 21/06/22