

Netaji Subhash Engineering College, Kolkata

5.1.3 Report for Capability enhancement and development schemes

7. Yoga and Meditation Report

Netaji Subhash Engineering College
Report on Yoga and Meditation
Year-2018

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. In view of this, NSS unit of NSEC with PANKH NGO TEAM have successfully organized YOGA's demonstration, Lecture and little bit of competitions inside our college premises on 30th August, 2018. More than 300 students of our college along with teaching and non teaching staffs have taken part and effectively performed the various hard and easy steps of Yoga under the guidance of the instructor Madam Ritu and her two gentle and friendly trainees.



On 21st June, 2018 Netaji Subhash Engineering College celebrated 4th International Yoga Day by organizing a special yoga session in which 100 students, teachers and non-teaching staffs along with the Principal and Director performed various 'asanas'. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students and teachers. In the present day when students face stress, tension, fear, etc., simple 'asanas' can help dispel these.



Agnisla Dasgupta
NSS Coordinator, NSEC 12/09/2018



[Signature]
Principal, NSEC

Netaji Subhash Engineering College
Report on Yoga and Meditation
Year-2017

On 21st June, 2017 Netaji Subhash Engineering College celebrated 3rd International Yoga Day by organizing a special yoga session in which 150 students, teachers and non-teaching staffs along with the Principal, Dean and Director performed various 'asanas'. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students and teachers. In the present day when students face stress, tension, fear, etc., simple 'asanas' can help dispel these.



Agnika Dasgupta
NSS Coordinator, NSEC

30/06/2017



[Signature]
Principal, NSEC

Netaji Subhash Engineering College
Report on Yoga and Meditation
Year-2016

On 21st June, 2016 Netaji Subhash Engineering College celebrated 2nd International Yoga Day by organizing a special yoga session in which 100 students, teachers and non-teaching staffs along with the Principal, Dean and Director performed various 'asanas'. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students and teachers. In the present day when students face stress, tension, fear, etc., simple 'asanas' can help dispel these.



Agnisla Deypta

NSS Coordinator, NSEC

02/07/2016



Ghosh
Principal, NSEC

Netaji Subhash Engineering College
Report on Yoga and Meditation
Year-2015

On 21st June, 2015 Netaji Subhash Engineering College celebrated 1st International Yoga Day by organizing a special yoga session in which 50 students, teachers and non-teaching staffs along with the Principal, Dean and Director performed various 'asanas'. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students and teachers. In the present day when students face stress, tension, fear, etc., simple 'asanas' can help dispel these.



Agnisla Desgpte
NSS Coordinator, NSEC 28/06/2015



[Signature]
Principal, NSEC