



Report of the  
“International Yoga Day”

on

Saturday, 21/06/2025

Organised by:

**College of Engineering & Management, Kolaghat (NSS UNIT)**  
**KTPP Township, Purba Medinipur, WB- 721171**



Dr. Seba Maity

NSS Program Officer

College of Engineering & Management, Kolaghat (CEMK)



## International Yoga Day Celebration

Saturday 21/06/2025

**Date:** 21<sup>st</sup> June 2025

**Venue:** Open Air Auditorium, College of Engineering and Management, Kolaghat

**Organized by:** NSS Unit, College of Engineering and Management, Kolaghat

### Yoga and Yoga Camp: A Journey to Mind-Body Wellness

Yoga is more than just a form of physical exercise—it is a way of life that promotes harmony between the body, mind, and soul. Rooted in ancient Indian philosophy, yoga has evolved over thousands of years, yet its core principles remain the same: mindfulness, balance, and inner peace. Today, yoga is practiced all over the world by people of all ages and backgrounds, offering numerous physical, mental, and emotional benefits. At its core, yoga involves a combination of physical postures (asanas), breath control (pranayama), and meditation (dhyana). These elements work together to enhance physical flexibility, build muscle strength, improve posture, and boost energy levels. On a deeper level, yoga helps calm the mind, reduce stress, increase focus, and promote a sense of emotional well-being. It encourages self-awareness and teaches individuals how to stay present in the moment, making it a powerful tool for modern life.



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To deepen this experience, many people choose to attend yoga camps. A yoga camp is a dedicated retreat, often held in natural and tranquil environments, where participants can fully immerse themselves in the practice. These camps may last from a few days to a few weeks, offering a structured schedule that includes multiple yoga sessions per day, guided meditations, healthy meals, wellness talks, and sometimes even activities like nature walks, journaling, or art therapy.



One of the key benefits of a yoga camp is the opportunity to disconnect from the noise and stress of everyday life. In our fast-paced world, constant digital connectivity and the demands of work and responsibilities can take a toll on our health. A yoga camp offers a peaceful sanctuary to slow down, breathe deeply, and focus inward. The serene surroundings—often by the beach, in the mountains, or nestled in forests—enhance the calming effect of the practice and allow participants to reconnect with nature.

Yoga camps are suitable for everyone, regardless of experience level. Beginners are introduced to the basics of yoga in a supportive and non-judgmental environment, while seasoned practitioners can explore more advanced techniques and deepen their understanding of yogic philosophy. Many camps are led by experienced instructors who guide participants through various styles of yoga such as Hatha, Vinyasa, Ashtanga, or Yin, and offer personalized feedback to support individual growth.

Another unique aspect of yoga camps is the sense of community they foster. Participants from diverse backgrounds come together with a shared goal of wellness and self-discovery. This collective energy creates a motivating and uplifting environment where people can connect, share experiences, and inspire one another on their journeys.

In essence, yoga and yoga camps offer a path to greater health, clarity, and inner peace. Whether you're seeking physical fitness, emotional balance, or spiritual growth, embracing yoga—especially in a camp setting—can be a transformative and life-enriching experience.



### OBJECTIVE OF YOGA:

Yoga is a time-tested discipline that aims to create balance in the body, mind, and spirit. The main objective of yoga is to promote holistic health through a combination of physical postures, breathing exercises, and meditation. Yoga helps individuals attain physical fitness, mental clarity, emotional stability, and spiritual growth. It is not just an exercise routine but a lifestyle that encourages mindful living, inner peace, and self-awareness.

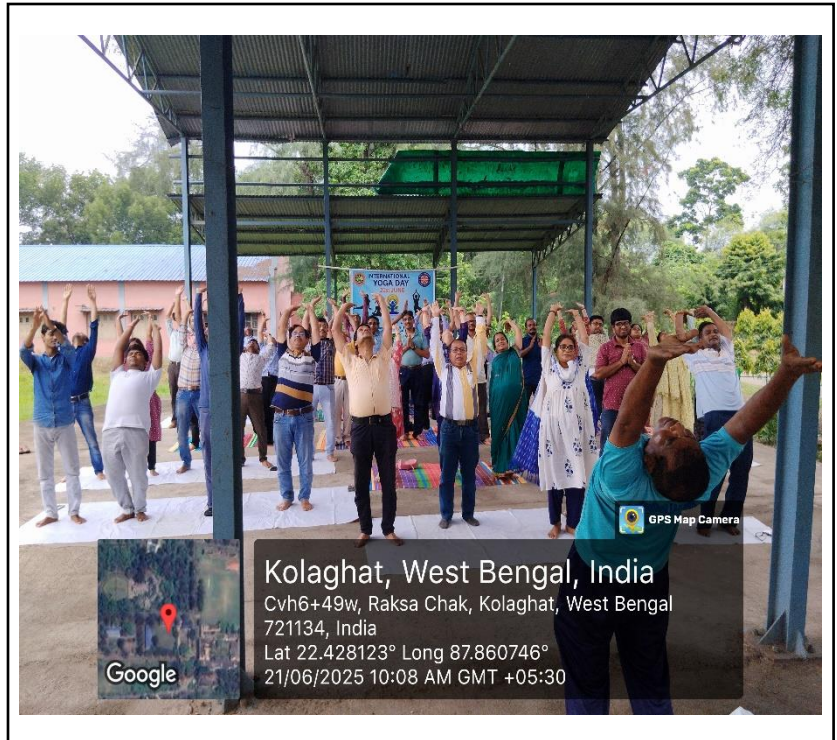
One of the primary objectives of yoga is to improve body flexibility, strength, and endurance through structured physical movements. Simultaneously, breathing practices (pranayama) are designed to enhance respiratory efficiency and calm the nervous system. Meditation, another key component, supports concentration, reduces stress, and promotes emotional well-being.

Another important objective of yoga is to help individuals develop a disciplined and focused lifestyle. It encourages mindfulness in daily actions, better control over emotions, and a more compassionate outlook toward oneself and others. With regular practice, yoga also supports self-reflection and deeper spiritual awareness.

Yoga camps serve as an extension of this practice by offering a more immersive and structured environment. The objective of a yoga camp is to allow participants to step away from the distractions of daily life and focus completely on their physical, mental, and spiritual health. Held in serene locations, yoga camps offer a unique setting where participants can experience transformation in a short time.

At a yoga camp, participants follow a planned routine that includes multiple yoga sessions, guided meditation, healthy meals, nature walks, and group discussions. The goal is to deepen the understanding of yoga's principles and build habits that promote long-term wellness. Yoga camps are suitable for people of all ages and fitness levels, and they foster a strong sense of community among like-minded individuals.

Ultimately, both yoga and yoga camps aim to bring harmony between body and mind, helping individuals lead healthier, more balanced lives. They encourage a break from the routine, offer time for self-care, and promote lasting wellness practices.



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### Benefits of Yoga and Yoga Camp

- Improves flexibility, strength, and posture
- Enhances respiratory function and energy levels
- Reduces stress, anxiety, and depression
- Increases mental clarity and concentration
- Promotes emotional balance and inner peace
- Encourages mindfulness and self-awareness
- Supports weight management and better digestion
- Builds discipline and a positive lifestyle
- Boosts immune function and overall vitality
- Provides a break from daily stress in a peaceful setting
- Creates a sense of community and connection
- Offers guidance from experienced yoga instructors
- Improves sleep quality
- Enhances self-confidence and body awareness
- Supports natural detoxification
- Teaches coping skills for life challenges

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*Seba Maity* 23/04/25

**International Yoga Day Celebration  
Participation And Organizer List:**

Saturday 21/06/2025

| <b>College of Engineering &amp; Management, Kolaghat<br/>Yoga Day Celebration 21st June, 2025</b> |                |                             |
|---------------------------------------------------------------------------------------------------|----------------|-----------------------------|
| <b>Department</b>                                                                                 | <b>Sl. No.</b> | <b>Name of Participants</b> |
| <b>CSE</b>                                                                                        | 1              | Prof. Dilip Kumar Gayen     |
|                                                                                                   | 2              | Mr. Sambhu Nath Maity       |
|                                                                                                   | 3              | Mr. Swadesh Ranjan Maji     |
|                                                                                                   | 4              | Mr. Dulal Maji              |
|                                                                                                   | 5              | Mr. Manas Kumar Routh       |
| <b>ECE</b>                                                                                        | 6              | Prof. Seba Maity            |
|                                                                                                   | 7              | Prof. Satyajit Bhunia       |
| <b>ME</b>                                                                                         | 8              | Prof. Sudip Bandyopadhyay   |
|                                                                                                   | 9              | Prof. Deb Kumar Adak        |
|                                                                                                   | 10             | Mr. Sanjib Dutta            |
|                                                                                                   | 11             | Mr. Chandra Sekhar Banerjee |
| <b>EE</b>                                                                                         | 12             | Prof. Subhra Jana           |
|                                                                                                   | 13             | Prof. Shobha Gupta          |
|                                                                                                   | 14             | Prof. Debabrata Mukherjee   |
|                                                                                                   | 15             | Prof. Shibaji Mondal        |
|                                                                                                   | 16             | Prof. Animesh Karmakar      |
|                                                                                                   | 17             | Prof. Avik Metia            |
|                                                                                                   | 18             | Mr. Biswajit Majumder       |
|                                                                                                   | 19             | Mr. Avijit Kumar Adak       |
| <b>AIML</b>                                                                                       | 20             | Ms. Dipanwita Ghosh         |
|                                                                                                   | 21             | Ms. Anwesa Naskar           |
|                                                                                                   | 22             | Mr. Suman Biswas            |
| <b>HU</b>                                                                                         | 23             | Prof. Partha Pratim Mitra   |
|                                                                                                   | 24             | Mr. Saundarya Biswas        |
| <b>BS</b>                                                                                         | 25             | Prof. Koel Sinha            |
|                                                                                                   | 26             | Prof. Indrajit Ghosh        |
|                                                                                                   | 27             | Prof. Asish Mitra           |
|                                                                                                   | 28             | Prof. Amit Kumar Jana       |
|                                                                                                   | 29             | Prof. Biswajit Jana         |
|                                                                                                   | 30             | Mr. Pradipta Maity          |
|                                                                                                   | 31             | Mr. Goutam Bag              |
| <b>Library &amp; Others</b>                                                                       | 32             | Mr. Tapas Kumar Bag         |
|                                                                                                   | 33             | Mr. Amit Kumar Ghosh        |
|                                                                                                   | 34             | Mrs. Sumana Nath (Nandi)    |
|                                                                                                   | 35             | Mr. Somnath Sadhu           |
|                                                                                                   | 36             | Mrs. Payel adak             |
|                                                                                                   | 37             | Mr. Purna Chandra Pramanik  |
|                                                                                                   | 38             | Ms. Pratima Mondal          |
| <b>Students</b>                                                                                   | 40             | Sougata Metia (EE)          |
|                                                                                                   | 41             | Akash Patra (ECE)           |
|                                                                                                   | 42             | Sudipta Manna (ECE)         |

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