

**REPORT ON 7<sup>TH</sup> INTERNATIONAL DAY OF YOGA-2021**  
**WOMEN'S COLLEGE, AGARTALA**

**DATE: 21-06-2021 TIME: 8 AM MODE: ONLINE**

The 7<sup>th</sup> International Day of Yoga was celebrated by the department of Physical Education in collaboration with NCC and NSS units of the college in a befitting manner in which all the members of the faculty, students and outside participants took part. The event was organised in online mode using Google Meet and was streamed live on Youtube as well. Around hundred participants attended the Webinar which was entitled “Role of Yoga in a healthy Lifestyle: a traditional approach of Yoga and Yoga therapy”. Today, when the whole world is struggling to battle with the pandemic caused due to COVID19, it has become immanent for humans worldwide to remain healthier and safer. The programme started with the soulful opening song presented by Smt. Rama Bhattacharjee, NSS Programme Officer. It had truly set the right ambience for the meaningful day. Then, Dr. Khumtia Debbarma, CTO, NCC Sub Unit, Women's College, Agartala presented the Welcome Address which was followed by the address of Smt. Sarbari Nath, Secretary, Teachers' Council of the college. After that, the Resource person of our Webinar, Ms. Payel Das, Asst. Professor, LNIPE, Gwalior elated all of us by her simplistic yet scholarly and enriching presentation on the concerned topic. Through discussions, illustrations and beautiful rendering of her songs, she enlightened the webinar with her wide expanse of knowledge. This was followed by a beautiful and breathtaking Yoga performances of students whose videos were shared with the participants. Thereafter, Smt. Manidipa Debbarma, Principal of the college delivered her presidential address and congratulated the attempts of all those who organized the wonderful event. The programme concluded with the vote of thanks presented by Sri Joydeep Talapatra, HOD i/c of Department of Physical Education who thanked everyone for their active support towards the organization, completion and success of the programme. Few moments of the programme were treasured and are being shared below.

The programme was streamed live on Youtube and may be accessible at the link given below  
<https://youtu.be/0x4VMnq3iO0>

Submitted by



(JOYDEEP TALAPATRA)  
Assistant Professor & HOD I/C  
Department of Physical Education  
Women's College, Agartala, Tripura.

**7TH INTERNATIONAL DAY OF YOGA**

**WEBINAR AND YOGA SESSION**

**TOPIC: ROLE OF YOGA IN A HEALTHY LIFESTYLE: A TRADITIONAL APPROACH OF YOGA AND YOGA THERAPY**

**ORGANIZED BY :**  
DEPARTMENT OF PHYSICAL EDUCATION  
NSS UNIT AND NCC UNIT  
WOMEN'S COLLEGE, AGARTALA  
DATE: 21.06.2021 TIME: 8 AM

**SPEAKER: Ms. PAYEL DAS**  
ASST. PROFESSOR, DEPT. OF EXERCISE, PHYSIOLOGY, LNIPE, GWALIOR

**PRESIDENT**  
Smt. Manidipa Debbarma  
Principal, Women's College, Agartala

**Organizing Secretary**  
Sri Joydeep Talapatra  
HoD, Dept. of Physical Education, Women's College, Agartala

**Joint Organizing Secretary**  
Dr. Khumtia Debbarma  
CTO, NCC, Women's College, Agartala

**Joint Organizing Secretary**  
Smt. Rama Bhattacharjee  
NSS Programme Officer, Women's College, Agartala

**PROGRAMME SCHEDULE**

- Welcome Song by NSS Programme Officer, Smt. Rama Bhattacharjee and Volunteers
- Welcome Address by Dr. Khumtia Debbarma, CTO, NCC Unit, Women's College, Agartala
- Address by Smt. Sarbari Nath, Secretary, Teachers' Council, Women's College, Agartala
- Lecture by Resource person of Webinar, Ms. Payel Das, Asst. Professor, LNIPE, Gwalior
- Presentations by students of Women's College, Agartala
- Presidential Address by Smt. Manidipa Debbarma, Principal, Women's College, Agartala
- Vote of Thanks by Sri Joydeep Talapatra, HoD, Department of Physical Education, Women's College, Agartala

**GOVERNMENT OF TRIPURA  
WOMEN'S COLLEGE  
AGARTALA**

Dated, Agartala, the 17<sup>th</sup> June 2021

**NOTICE**

**INTERNATIONAL YOGA DAY, 2021**

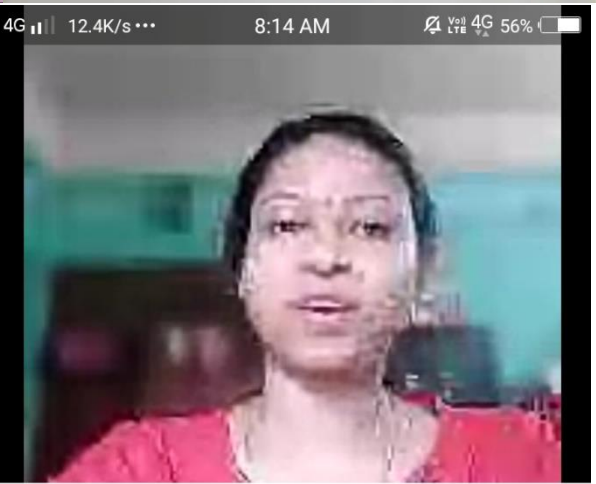
It is to inform that on the 7<sup>th</sup> International Day of Yoga, 21<sup>st</sup> June 2021, a Webinar and Yoga session is being organized (through Google Meet) by Department of Physical Education, NCC and NSS unit of Women's College, Agartala at 8.00 AM. The Yoga will be conducted by Resource Person Ms. Payal Das, Assistant Professor, Department of Exercise Physiology, LNIPE, Gwalior, Madhya Pradesh. The topic of the Yoga is "Role of Yoga in a healthy Lifestyle: A traditional approach of Yoga and Yoga Therapy". All teaching and non-teaching staff of the college and student of NCC, NSS and Department of Physical Education of the college are invited to join in the online programme to make it a successful one.

*Joydeep Talapatra 17/6/2021*  
HoD In Charge  
Deptt of Phy. Ed.  
Women's College  
Agartala

**Countersigned** *[Signature]*  
19.6.21

Copy to:

1. Student Notice Board
2. HoD Incharge Department of Physical Education
3. CTO, NCC Unit
4. Programme Officer, NSS Unit
5. Professors' Common Room
6. Office Copy

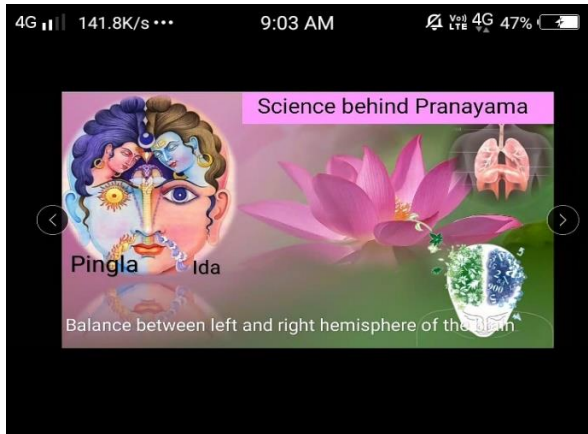
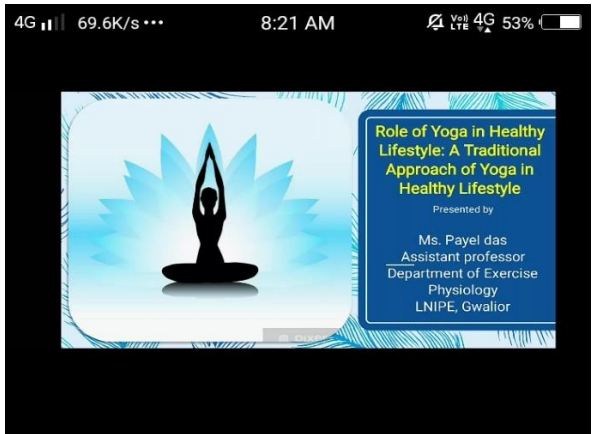


(77)

- Sushmita Das (You)
- Padmasree
- Khumtia Debbarma
- Mrs. Sarbari Nath

(76)

- Sushmita Das (You)
- Padmasree
- Payel Das
- Mrs. Sarbari Nath



- (77)
- Sushmita Das (You)
  - Padmasree
  - Payel Das
  - Biplab Majumdar


- (52)
- Sushmita Das (You)
  - Payel Das
  - simpa sarkar
  - Sudip Debnath





- (42)
- Sushmita Das (You)
  - Padmasree
  - Bipasa Debnath
  - Ananya Sinha **NEW**


- (44)
- Sushmita Das (You)
  - Padmasree
  - Bipasa Debnath
  - Ananya Sinha **NEW**

  
Ananya Sin... ⋮


  
Siyari ⋮

  
Sushmita ⋮

  
Samari ⋮

  
K.V. ⋮

  
Manidipa ⋮

  
You ⋮

  
Padmasri 29 others ⋮