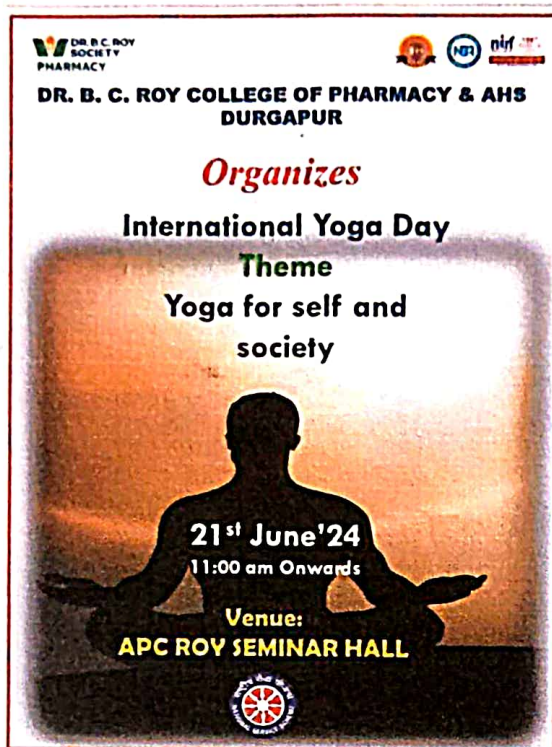




A REPORT ON INTERNATIONAL YOGA DAY OBSERVED ON 21st JUNE, 2024.



Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Yoga is more than a physical activity. In the words of one of its most famous practitioners, the late B. K. S. Iyengar, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions." Today it is practiced in various forms around the world and continues to grow in popularity.

The faculty, students and staff of Dr. B. C. Roy College of Pharmacy and Allied Health Sciences also observed International Yoga Day on 21st June, 2024 at APC Roy Seminar Hall. The event began with the inaugural address of the Principal, Prof. (Dr.) Samir Kr. Samanta who spoke about the necessity of physical and mental well-being and how yoga can help in attaining the same. The session was then handed over to Mr. Tarun Mukherjee, yoga instructor. Under his guidance, the students, faculty and staff performed various asanas namely Ardhashchandrasan, Bhujangasan,

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Shirsashan, Dhanurasan, Shavasan. They also performed the Surya Namaskara. A meditation session was also conducted with the motive of providing mental relief and cleaning of the inner-self. A video that was prepared on the occasion of International Yoga Day was played to raise awareness on the usefulness of Yoga.



Name of the Event: International Yoga Day.

Date: 21st June, 2024.

Venue: APC Roy Seminar Hall.

No. of Participants: 49

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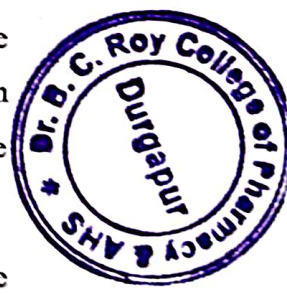
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A REPORT ON WORLD MUSIC DAY CELEBRATED ON 21st JUNE, 2024.

**DR. B. C. ROY COLLEGE OF PHARMACY & AHS
DURGAPUR**
Organizes
World Music Day
Slogan
"Faites de la musique"
21st June'24
5:00 pm Onwards
Venue:
APC ROY SEMINAR HALL

World Music Day celebrates the diversity of musical expression. It's a day to break down cultural barriers and discover the beauty of music from traditions different from our own. As we lose ourselves in the rhythm, we're reminded of the common thread that binds humanity – our love for music. The day simply celebrates music in all its forms, from classical and traditional to contemporary and experimental genres. It encourages people to appreciate the rich tapestry of musical styles around the world. It also promotes inclusivity. With the slogan "Faites de la musique" (Make Music), it invites everyone, regardless of skill level, to participate and share their love of music thereby bringing people together.

Music has long been used as a source of comfort and solace in times of distress. It can provide a sense of connection, support, and understanding during difficult moments. The history of music in healthcare has shown that music can reduce stress, anxiety, depression, and even chronic physical pain. Listening to calming music can help people relax and focus on the present moment. Research has shown that listening to music can increase the release of dopamine, a neurotransmitter associated with pleasure and reward. This release can lead to feelings of happiness and enjoyment, which are often accompanied by the release of



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endorphins. Research in the science of musical therapies has also suggested that certain types of music may improve cognitive function by stimulating areas in the brain related to memory recall and learning new skills faster than usual. Studies have shown that music can enhance connectivity between the auditory and emotional regions of the brain, which can facilitate memory encoding and recall.

The faculty and staff of Dr. B.C. Roy College of Pharmacy and Allied Health Sciences took a break from their hectic schedule to celebrate World Music Day at APC Roy Seminar Hall where they came up with various musical performances to celebrate the day.




Name of the Event: World Music Day.

Date: 21st June, 2024.

Venue: APC Roy Seminar Hall.

No. of Participants: 27.


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