

REPORT ON

Yoga Workshop

AY: 2016-2021

The Yoga workshops have been a part of the curricular activities of the College. Mr Tarun Mukherjee. He is a Yoga trainer having an experience of more than 20 years and has been the resource person over the years in Yoga for our Institute. Yoga classes were carried out from AY 2018-2019 onwards. As a part of life skill development, yoga workshops were carried out after college hours both in the Open air Auditorium of the Institute or closed Auditorium. However, due to pandemic online mode of Yoga classes were carried out from AY 2019-2020 onwards. In the Covid pandemic all students were encouraged to enroll for the YOGA classes. Online registration and the Yoga classes were carried through Zoom and Google meet. About 41 students enrolled for 2019-20 and 21 students for the AY2020-21. All were reported to successfully completed the workshop.

YOGA WORKSHOP:2019--20



YOGA WORKSHOP:2018-19





The different types of Yoga Asanas like Suryanamaskar, Tadasana, Halasana, Bhujangasana, Vajrasana, etc. were practiced in the workshop. The different types of Pranayamas were also done in the workshop. The health benefits of different Asanas and Pranayams were also discussed in the workshop.



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