



Netaji Subhas Open University

School of Vocational Studies

Celebrated

International Day of Yoga-2025

Theme 2025: “Yoga for One Earth, One Health”, aligning yoga with sustainability and global well-being.

REPORT

**Venue: Muktadhara Sabhagriha
Regional Centre, Kalyani, NSOU
21st June, 2025**

The School of Vocational Studies, NSOU in Collaboration with Anindya Yoga Society (LSC under the SVS), Kolkata celebrated the International Yoga Day on 21st June 2025 at Muktheadhara Sabhagriha, Regional Centre, Kalyani, NSOU. The students/staff of Anindya Yoga Society (A Study Centre of SVS), teaching and non-teaching staff of NSOU also joined the programme. **Total 73 participants** attended the Yoga performance/demonstration.



Professor Anirban Ghosh, Professor and Director-School of Vocational Studies (SVS), NSOU delivered welcome address on this event to the participants. Yoga is one of the oldest practices of our Indian Culture. This is an indigenous practice which gaining popularity around the world. Yoga has lots of benefits in our body and life. It is one of the most beneficial way to keep our self- healthy. Our ancestors used to practice this system and remained healthy for many years. In year 2014, Our Prime Minister declared 21st June as International Day of Yoga and then after it has been a most popular practice throughout the world. We must encourage our next generation to practice Yoga in our daily life. As Yoga is not only help us to keep physically fit as well as mentally happy.

Dr. Premananda Jana, Director, Regional Centre, Kalyani, Netaji Subhas Open University (NSOU) extended thanks to Anindya Yoga Society for their support for organizing International Yoga Day at Kalyani of NSOU. Dr. Jana said that we cannot deny the importance of Yoga in life. We must make it in a regular habit. Thus, Yoga is a way to attain good health and wellness.

Sri Anindya Das, Co-ordinator and Secretary of Aninya Yoga Society, Kolkata explained the importance of yoga in our life. Sri A. Das said the reason for declaring 21st June as Yoga Day. He said that 21st June is the longest day, we get maximum sunlight on the day. Since it is the best to perform yoga in sunlight. That's why the yoga is celebrated on 21st June every year across the globe. Sri Anindya Das, Co-ordinator and Secretary of Aninya Yoga Society demonstrated different yoga which the participants practiced with great interest and motivation.



The following asanas (practice) of yoga were demonstrated and also were practiced by the participants:

Sukshma Vyayamas:

1. Goolf Naman (Ankle Bending)
2. Goolf Chakra (Ankle Rotation- Clockwise & Anti-clockwise)
3. Janu Naman (Knee Bending)
4. Janu Chakra (Knee Crank- Clockwise & Anti-clockwise)
5. Ardha Titali Asan (Half Butterfly)
6. Shroni Chakra (Hip Rotation- Clockwise & Anti-clockwise)
7. Manibandha Naman (Wrist Bending-Two ways - Front way and side way)
8. Kehuni Naman (Elbow Bending-Front way and side way)
9. Skandha Chakra (Shoulder Socket Rotation - Clockwise & Anti-clockwise)
10. Greeva Sanchalana (Neck Movement-Side to Side and Rotation)

Chair Yoga Poses:

1. Urdhva Hastasana [Upward Hand Stretching Chair Pose] Deep Breathing.
2. Utthita Parswa Konasana [Extended Side Angle Chair Pose] Deep Breathing.
3. Sitting Uttanasana [Forward bending along with foot touching Chair Pose] Deep Breathing.

Essential Standing Yoga Practice:

1. Ardha Chandrasana [Half Moon Standing Pose] Deep Breathing.
2. Utkatasana [Standing Chair Pose with hand movement] Deep Breathing.
3. Standing Pabanmuktasana Reverse Deep Breathing.

Essential Pranayamas & OM Chanting:

1. Anulom Vilom Pranayam [Alternate Nostril Breathing] with Nasagra Mudra.
2. Suryaveda Pranayama [Right Nostril Breathing] with Nasagra Mudra
3. Chandraveda Pranayama [Left Nostril Breathing] with Nasagra Mudra
4. Kapalvati [Skill Shining Breath: - By mouth and By Nose]
5. OM Chanting



The programme ended with formal vote of thanks proposed by Dr. Monojit Garai, Assistant Professor of Social Work and the distribution of certificates to the participants.



Report Prepared by Dr. Monojit Garai, Assistant Professor of Social Work and organizing Secretary