



School of Vocational Studies

Netaji Subhas Open University

(NAAC Grade “A” Accredited)

(Established by WB Act (XIX) of 1997, Recognized by UGC)

DD-26, Sector-I, Salt Lake, Kolkata-700064

REPORT

The School of Vocational Studies, Netaji Subhas Open University (NSOU), in collaboration with the Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India, organized a Yoga Programme on **29 May 2026 at the Kalyani Regional Centre** of the University to observe the 100-Day Countdown to the International Day of Yoga (IDY) 2026. Since the inception of the International Day of Yoga in 2015, the University has been observing this occasion annually, making it an integral part of its academic and community outreach activities. The year 2026 holds special significance for NSOU as it was selected by MDNIY for organizing this prestigious 100-Day Countdown initiative, with the event being observed **as the 23rd Countdown Day to IDY 2026**.

The programme witnessed enthusiastic participation from approximately 170 individuals, including learners from different parts of West Bengal, faculty members, officers, staff, yoga practitioners, and members of the wider community. The event served as a platform to promote awareness about the importance of yoga in fostering physical well-being, mental health, emotional balance, and holistic development.

Registration commenced at 10:00am, providing participants with an opportunity to interact, exchange experiences, and engage in meaningful discussions. The atmosphere was marked by enthusiasm and a shared commitment to healthy living. Informational materials on yoga and wellness were distributed among participants to enhance their understanding of the benefits and relevance of yoga in everyday life.

The successful organization of the programme was made possible through the dedicated efforts of the School of Vocational Studies, NSOU, with financial support from the Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India. The event reaffirmed the University's commitment to promoting yoga as a means of achieving individual well-being and societal harmony.

In his Welcome Address, **Dr. Premananda Jana, Director, Kalyani Regional Centre, Netaji Subhas Open University**, highlighted the growing relevance of yoga in contemporary society, where increasing levels of stress, sedentary lifestyles, and mental health challenges have become common concerns. He emphasized that yoga is not merely a form of physical exercise; rather, it is a holistic practice that fosters harmony among the body, mind, and spirit.

Dr. Jana noted that the observance of the **International Day of Yoga** has played a significant role in raising global awareness about the importance of adopting a balanced and healthy lifestyle. He underscored the responsibility of educational institutions, particularly schools and universities, in promoting the physical, mental, and emotional well-being of students and employees.

Referring to the initiatives undertaken by NSOU, Dr. Jana stated that the University has consistently supported programmes and activities that encourage holistic growth, personal development, and community well-being. He reaffirmed the University's commitment to fostering a healthy, inclusive, and supportive environment that contributes to the overall welfare and happiness of society.



Prof. Bibhas Guha, Director, School of Sciences, Netaji Subhas Open University, delivered an insightful address on the scientific foundations and health benefits of yoga. He emphasized that yoga has evolved into a globally recognized practice for promoting health and well-being and is increasingly supported by a substantial body of scientific research.

Prof. Guha highlighted that numerous studies have demonstrated the positive effects of yoga on cardiovascular and respiratory health, stress management, cognitive functioning, and overall mental well-being. He stressed the importance of integrating traditional wisdom with contemporary scientific knowledge to better understand and appreciate the multifaceted benefits of yoga.

In his address, he noted that regular yoga practice contributes to physical strength, mental calmness, emotional stability, and enhanced concentration. He further explained that yoga can help reduce anxiety, improve productivity and performance, and foster a healthier and more balanced lifestyle. His presentation effectively underscored the relevance of yoga as a scientifically validated approach to achieving holistic health and well-being.



Dr. Srideep Mukherjee, Officer-in-Charge, School of Humanities, Netaji Subhas Open University, delivered an enlightening address on the philosophical, cultural, and educational significance of yoga. He highlighted yoga's deep roots in India's rich cultural and spiritual heritage, emphasizing that it has been an integral part of the country's tradition for centuries.

Dr. Mukherjee observed that, in the context of contemporary life marked by increasing stress, anxiety, and social pressures, yoga offers an effective means of achieving inner peace, emotional balance, and mental well-being. He stressed that yoga is much more than a set of physical postures; it is a holistic discipline that promotes self-awareness, self-realization, and personal growth.

According to Dr. Mukherjee, yoga teaches individuals the values of balance, discipline, mindfulness, and responsible living. It encourages people to cultivate a lifestyle that is

beneficial not only for themselves but also for the wider community. He further explained that the principles of yoga foster mutual understanding, harmony, and peaceful coexistence, thereby contributing to a more compassionate and cohesive society.

Highlighting the relevance of yoga in the field of education, Dr. Mukherjee emphasized its potential to support character building, self-discipline, emotional regulation, and the development of positive values among students. He suggested that the integration of yoga into educational settings can play a significant role in nurturing responsible, empathetic, and well-rounded individuals.

Prof. Anirban Ghosh, Director, School of Professional Studies (SPS), School of Vocational Studies (SVS), and Centre for Internal Quality Assurance (CIQA), NSOU, delivered the Presidential Address. At the outset, he congratulated the team of the School of Vocational Studies for successfully organizing the “Yoga Programme to Celebrate the 100-Day Countdown to the International Day of Yoga 2026” in collaboration with the Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India. In his insightful and inspiring address, Prof. Ghosh highlighted the transformative role of yoga in establishing harmony between the body, mind, and soul. He emphasized that yoga is not merely a physical exercise but a holistic way of life that promotes physical health, mental well-being, emotional balance, and spiritual growth. Stressing the universal nature of yoga, he noted that it transcends age, gender, and social background, making it accessible and beneficial to all sections of society.

Prof. Ghosh further observed that the pressures and demands of contemporary life often lead to stress, anxiety, and tension in both personal and professional spheres. He underscored that the regular practice of yoga can help individuals effectively manage these challenges, enhance resilience, and cultivate a balanced and healthy lifestyle. His address served as a source of motivation for the participants and reinforced the significance of incorporating yoga into daily life for overall well-being and personal development.



Prof. Ghosh further emphasized the need for educational institutions, particularly schools and universities, to integrate **wellness, value education, and holistic development** into their curricula. He observed that yoga plays a significant role in shaping responsible, compassionate, and ethically conscious individuals. Describing yoga as one of India's most valuable contributions to humanity, he noted that it has the potential to foster peace, mutual understanding, and harmonious coexistence among people across cultures and communities. He also highlighted that yoga promotes spirituality, humanity, self-discipline, and unity, thereby contributing to the development of a healthy and cohesive society characterized by both physical well-being and mental balance. Referring to the University's commitment to promoting yoga and wellness education, Prof. Ghosh informed the audience that Netaji Subhas Open University offers a number of programmes and courses related to yoga, wellness, and

stress management, enabling learners to acquire knowledge and skills that support healthy and balanced living.

Yogacharya Mr. Aninda Kr. Das and his team of Anindya Yoga Society conducted an extensive demonstration of yogic practices, including asanas, pranayama and relaxation techniques.



The programme concluded with a vote of thanks proposed by Dr. Sudarshan Roy, who expressed gratitude to all participants and organizers and distribution of certificate.





23rd Countdown Day

29th May 2026

**“Yoga Programme to Celebrate 100 Day
Countdown International Day of Yoga”**

Organized by the School of Vocational Studies, Netaji Subhas Open University
in association with Morarji Desai National Institute of Yoga

(Ministry of AYUSH, Govt. of India)

Programme Schedule at Kalyani-RC, NSOU

Sl. No.	Speakers	Time & Duration
1	Registration	10.00am to 11.00am
2	Welcome Address by Dr. Premanada Jana, Director, Kalyani-RC, NSOU	11.00am to 11.20am
3	Special Address by Prof. Bibhas Guha, Director, School of Sciences, NSOU	11.20am to 11.40am
4	Special Address by Dr. Srideep Mukherjee, Officer-in-Charge, School of Humanities, NSOU	12.10pm to 12.30pm
5	Presidential Address by Prof. Anirban Ghosh, HoD & Director, SVS, NSOU	12.30pm to 12.50pm
6	Demonstration: Yogacharya Mr. Aninda Kr. Das	12.50pm to 3.30pm
7	Vote of Thanks Proposed by Dr. Sudarshan Roy, Assistant Professor, NSOU	3.30 pm to 3.40pm
8	Distribution of Certificate	3.40pm to 4.00pm
Report preparation: Dr. Sudarshan Roy		

Organizing Secretary: Dr. Sudarshan Roy, Asst. Professor, Department of Commerce and Management, NSOU.

Compere: Dr. Sudarshan Roy, Asst. Professor of Commerce, NSOU
