



# **INTERNATIONAL DAY OF YOGA**

*Celebrated by*

**Netaji Subhas Open University  
Kolkata**

**Venue: Aban Mahal, Kolkata**

**Date: 21 June 2018**

## **Introduction:**

Netaji Subhas Open University (NSOU) is the sole State Open University in West Bengal and it is having over 4.25 lakh students on its roll. Along with the general streams (Under Graduate and Post Graduate), the University imparts various skill development programmes through its School of Vocational Studies, to equip the rural youths with various skills in different disciplines. Every year about 1,500 students are being trained in different trades as per their choice. The University has a significant contribution towards the social development by introducing skilled workforce.

The University conducts two Diploma courses viz. Yoga Education and Stress Management under the School of Vocational Studies to create a trained resource pool who may engage themselves in the wage employment as well as in self- employment.

## **Yoga Day Celebration**

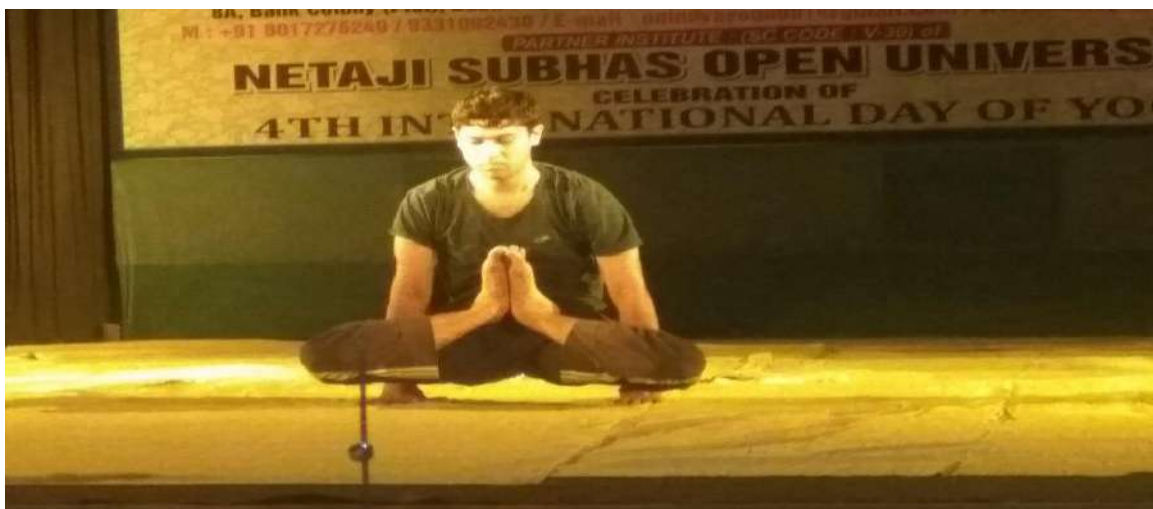
The International Day of Yoga was declared unanimously by the United Nations General Assembly. Yoga Day is celebrated annually on 21 June since its inception in 2015. Like last year, the University celebrated the International Day of Yoga (IDY) in a befitting manner by organizing lectures, workshop, special yoga demonstration etc. at Aban Mahal, Kolkata on 21 June 2018.



The programme was inaugurated by Professor Subha Sankar Sarkar, Vice-Chancellor, NSOU. In his address, Professor Sarkar reminded the importance of yoga in our everyday life. Professor Anirban Ghosh, Director, School of Vocational Studies in his address highlighted the role of the University in skill development in the state of West Bengal. The speakers in the inaugural session also stressed upon to practice yoga and meditation every day to overcome the physical and mental stress in the home as well as at the workplace. Other dignitaries from other fields were also graced the inaugural session.

About 55 learners of the University participated in the Yoga performance/demonstration before 525 guest/ employees of the university who attended the programme and witnessed the yoga performance of the learners/ trainees. The certificates were handed over by the Vice-Chancellor, NSOU to the learners who took part in the yoga performance/ workshop.

## Some glimpses of the YOGA DAY



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