



सत्यमेव जयते

P. R. THAKUR GOVERNMENT COLLEGE

P.O.-THAKURNAGAR, P.S.- GAIGHATA,
DIST- NORTH 24 PARGANAS, PIN- 743287



CELEBRATION OF

12th International Day of *Yoga*

on Jun 21, 2026

Organised by-
NSS Unit, PRTGC



Time : 6.30 A.M. Onwards Venue : P. R. Thakur Government College Campus

REPORT ON THE INTERNATIONAL DAY OF YOGA (IDY), 2026

Organized by: **NSS Unit of P. R. Thakur Government College**

Date: **June 21, 2026**

The International Day of Yoga (IDY), 2026 was celebrated by the NSS Unit of P. R. Thakur Government College (PRTGC) on 21st June, 2026 from 6:30 a.m. onwards. The programme was organized in collaboration with Harichand Guruchand University with the objective of promoting awareness regarding the importance of yoga in maintaining physical, mental, and emotional well-being.

On this occasion, Sri Pradip Kumar Dutta, Art of Living Volunteer and Yoga Instructor, and Smt. Bijali Dutta, Art of Living Yoga Teacher, were invited to conduct the yoga session. The programme was attended by Prof. Nimai Chandra Saha, Vice-Chancellor of Harichand Guruchand University; Dr. Swapan Sarkar, Officer-in-Charge of P. R. Thakur Government College; Dr. Lipika Saha, Teachers' Council Secretary of PRTGC; Dr. Muzaffar Sarkar Raju, NSS Programme Officer of the College; and a large number of faculty members, non-teaching staff members, students, and NSS volunteers of P. R. Thakur Government College, along with faculty members, non-teaching staff members, and students of Harichand Guruchand University.

The programme commenced with a warm-up session conducted under the guidance of Dr. Utpal Singha Roy, IQAC Coordinator of P. R. Thakur Government College. Thereafter, the invited resource persons were felicitated by the Vice-Chancellor and the Officer-in-Charge.

Sri Pradip Kumar Dutta delivered an informative talk highlighting the significance and benefits of yoga in daily life. Subsequently, Smt. Bijali Dutta conducted a guided yoga session for nearly one hour, during which participants actively performed various yoga postures and breathing exercises under her supervision.

The programme witnessed enthusiastic participation from all attendees. The observance successfully promoted awareness about the importance of adopting yoga as a healthy lifestyle practice. The programme concluded with the distribution of refreshments among all participants.

The expenditure incurred for the observance of the International Day of Yoga (IDY), 2026 was borne by Harichand Guruchand University. The University extended financial support for the successful organization of the programme.

Overall, the celebration of the International Day of Yoga, 2026 was a grand success and fulfilled its objective of encouraging physical fitness, mental well-being, and holistic development among the participants.

Photographs and other relevant documents pertaining to the programme are enclosed with this report for kind perusal and record.





OFFICE OF THE PRINCIPAL
P. R. THAKUR GOVT. COLLEGE
P.O.- Thakurnagar, P.S.- Gaighata, North 24 – Parganas
Pin-743287

E-mail-office@prtgc.ac.in

Ph. No. - 913215-244442

Notice No. **PRTGC/26/p/1**

Date: **12/06/2026**

NOTICE

Subject: Observation of International Day of Yoga (IDY), 2026

As per Notice No. 01/DPI-22/6/2026-JD(DPI)-DPI dated 09.06.2026 issued by the Department of Higher Education, West Bengal State NSS Cell, Government of West Bengal, this is to inform all concerned that the **12th International Day of Yoga (IDY) 2026** will be observed by the NSS Unit of P. R. Thakur Government College on **21.06.2026 (Sunday)** from **6:30 AM**.

On this occasion, a team of experienced Yoga Instructors will conduct an awareness session highlighting the benefits of yoga, followed by a practical demonstration and guided yoga practice for the participants.

Instructions:

- Wear loose outfits
- Take light food at least half an hour before the session

All faculty members, non-teaching staff, and NSS Volunteers are requested to participate in the programme and ensure its successful observance.

Muzaffar Sarker Raju

NSS Programme Officer
P. R. Thakur Government College



National Service Scheme
Programme Officer
P. R. Thakur Govt. College



OFFICE OF THE PRINCIPAL

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Ph. No.- 913215- 244442

Estd. - 2013

No.PRTGC-26/74



Date: 15/06/2026

NOTICE

It is hereby notified for the information of all concerned that **International Yoga Day** will be observed in the college on **21st June, 2026 (Sunday)** from **6:30 AM**.

All students, teaching and non-teaching staffs are instructed to be present in the college premises at **6:30 AM** and actively participate in the programme.

Attendance of all concerned is mandatory.

Ma 15/6/26

Officer-in-Charge
P.R.Thakur Govt. College

Officer-in-Charge
P.R. THAKUR GOVT. COLLEGE
Thakurnagar



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Ph. No.- 913215-244442

Memo No. 292/PRTGC/2026/YOGA

Date: 17.06.2026

To,
Dr. Pradip Kumar Datta
Art of Living Volunteer & Yoga Instructor
Thakurnagar, North 24 Parganas
West Bengal



Subject: Invitation to Conduct a Yoga Session on the Occasion of International Day of
Yoga

Respected Sir,

It gives me great pleasure to invite you to conduct a Yoga session on the occasion of International Day of Yoga, to be observed at our college on 21st June, 2026 from 6:30 AM in collaboration with NSS Unit, PRTGC.

We believe that your expertise and guidance will greatly benefit our students, faculty members, and staff and contribute to the success of the event.

We shall be highly honoured if you kindly accept our invitation and grace the occasion with your presence.

Officer-in-Charge
P. R. Thakur Govt. College

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P.R. Thakur Govt. College
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Ph. No.- 913215-244442

Memo No. 291/PRTGC/2026/YOGA

Date: 17.06.2026

To,
Smt. Bijali Datta
Art of Living Yoga Teacher
Thakurnagar, North 24 Parganas
West Bengal



Subject: Invitation to Conduct a Yoga Session on the Occasion of International Day of Yoga

Respected Madam,

It gives me great pleasure to invite you to conduct a Yoga session on the occasion of International Day of Yoga, to be observed at our college on 21st June, 2026 from 6:30 AM in collaboration with NSS Unit, PRTGC.

We believe that your expertise and guidance will greatly benefit our students, faculty members, and staff and contribute to the success of the event.

We shall be highly honoured if you kindly accept our invitation and grace the occasion with your presence.

Swapan Sanakar

Officer-in-Charge
P. R. Thakur Govt. College

Officer-in-Charge
P.R. Thakur Govt. College
Thakurnagar

Observation of 'International Yoga Day'

P. R. Thakur Govt. College

In Collaboration with NSS Unit

Date : 21.06.2026

Time : 6:30 A.M. Onwards

ATTENDANCE SHEET OF FACULTY MEMBERS

Sl. No.	Name of the Faculty Member	Department	Signature
1.	NIVEDITA NAG	MICRO	N. Nag. 21/6/26
2.	Dr. Rini Roy	Microbiology	R. Roy 21/06/26
3.	SUCHETA MITRA	Philosophy/NSS Unit member	Smt 21.06.26
4.	PRATYAY BANERJEE	PHYSICS	P.B. 21.06.26.
5.	LIPIKA SAHA	Bengali	Lipika Saha 21.06.26
6.	KYAMELIA GHOSH	Sanskrit	Kyamelia Ghosh 21.6.26.
7.	Sukti Chandhuri	Sanskrit	S. Chandhuri 21.6.26.
8.	Baishakhi Kundu	Bengali	B. Kundu 21/6/26
9.	Apala Chatterjee	Library	A. Chatterjee 21.06.26
10.	NIVEDITA BHATTACHARYYA	PHYSIOLOGY	N. B. 21/06/26
11.	DIBBENDU ROY	SANSKRIT	D. Roy 21.6.26.
12.	PRITHA PAUL	Philosophy	P. Paul. 21.06.26.
13.	SUVANKAR MONDAL	History	Suvankar Mondal 21/06/26
14.	INA DHAR ROY DASGUPTA	Geography	Ina Dhar Roy Dasgupta 21.6.26
15.	Anisha Sen	Sociology	A. Sen. 21.6.26.
16.	PIYALI CHANDA	Sociology	P. Chanda 21/6/26
17.	Swapan Sarakar	ISC	S. Sarakar 21/6/26
18.	RAKIBUL SK	Sanskrit	R. S. 21.06.26
19.	BIVAS BISWAS	History	B. Biswas 21.06.2026

Observation of 'International Yoga Day'

P. R. Thakur Govt. College

In Collaboration with NSS Unit

Date : 21.06.2026

Time : 6:30 A.M. Onwards

ATTENDANCE SHEET OF FACULTY MEMBERS

Sl. No.	Name of the Faculty Member	Department	Signature
20.	Debasri Basu	English	D Basu
21.	Munqaf for Sarkar Raju	NCC Program Officer	M Raja 21/06/26
22.	DR. NILOY DAS	CHEMISTRY	N Das 21/06/2026
23.	DR. ARUP KUMAR GHOSH	CHEMISTRY	Arup 21/06/2026
24.	Rinni GHOSH DASTIDAR	BENALI LINGUISTICS	R Dastidar 21/06/2026
25.	Biplab Kanti Sen	Computer Science	BK Sen 21/06/2026
26.	SUBHRA KANTI MANDAL	CHEMISTRY	S Mandal 21/06/26
27.	Pabitra Sahe	Zoology	P Sahe 21/6/26
28.	UTPAL SINGHA ROY	-do-	U Roy 21.06.26
29.	MAHUA PATRA	Sociology	M Patra 21/06/26
30.	DIKANYA SEN GUPTA	Philosophy	Kanya Sen Gupta 21/06/2026
31.	DR. SUPRIYA SAMANTA	Philosophy	Supriya Samanta 21/06/26

Observation of 'International Yoga Day'

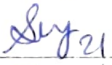
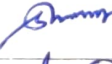
P. R. Thakur Govt. College

In Collaboration with NSS Unit

Date : 21.06.2026

Time : 6:30 A.M. Onwards

ATTENDANCE SHEET OF PARTICIPANTS

SL. NO.	Name of the Student	Department	Signature
1	Prof. (Dr.) Nimai Chandra Saha, V.C.		 21.06.26
2.	Wandam Das	HGU Staff	 21.06.2026
3.	Kam Halder	HGU &	 21.06.2026
4.	Dr. Nayan Saha	HGU	Nayan Saha
5.	Shovan Saha	HGU	 21/06/26
6.	Biswajit Sarker	HGU	 21/06/26
7.	Pritisha Biswas	Bengali	Pritisha Biswas 21/06/26
8.	Bristi Kahali	Bengali	Bristi Kahali 21/06/26
9.	Sudip Mondal	History	Sudip Mondal
10.	Koushik Mondal	History	Koushik Mondal
11.	Samiran Pramanik	History	Samiran Pramanik
12.	Priyanka Das	History	Priyanka Das.
13.	Mousumi Thakur	Bengali	Mousumi Thakur
14.	SANDHYA MONDAL	History	Sandhya Mondal
15.	Urmila Mondal	History	Urmila Mondal
16.	NANDINI NAG	History	Nandini Nag
17.	TAMA BALA	History	Tama Bala
18.	SATHI MONDAL	History	Sathi Mondal
19.	NABANITA TARAFDER	History	Nabanita Tarafder

Time : 6:30 A.M. Onwards

Sl. No.	Name of the Non-Teaching Staff	Signature
1.	SUMIT HALDER	Sumit Halder. 21.06.26
2.	Sukumar Sil	Sukumar Sil 21.06.26
3.	PRITAM BANERJEE	Pritam Banerji 21/06/2026
4.	Bikash Chatterjee	Bikash Chatterjee 21/06/2026
5.	Amit Ghosh.	Amit Ghosh. 21.06.26.
6.	SANJIB BISWAS	Sanjib Biswas 21/06/26
7.	PRABIR KU. BARAI	Prabin Kumar Barai.
8.	SOURAV CHAKRABORTY	Sourav Chakraborty 21/06/26
9.	SUSHIL HAZRA.	Sushil Hazra, 21.06.26
10.	Sudipta Halder	Sudipta 21/06/26
11.	LAKSHMI BISWAS	Lakshmi Biswas
12.	DEBI DAS	Debi Das
13.	A.C DAS	Ananta Ch Das
14.	BLAKESH CH. HALDAR	Blakesh Ch Halder

Observation of 'International Yoga Day'

P. R. Thakur Govt. College

In Collaboration with NSS Unit

Date : 21.06.2026

Time : 6:30 A.M. Onwards

ATTENDANCE SHEET OF PARTICIPANTS

SL. NO.	Name of the Student	Department	Signature
1.	Tanmoy Halder	Geography	Tanmoy Halder
2.	Atanu Das	Bengali	Atanu Das
3.	Debmalya Mondal	Physics	Debmalya Mondal
4.	Ackalip Mondal	Geography	Ackalip Mondal
5.	Purabi Sathukhan	Bengali	Purabi Sathukhan
6.	Sulekha Das.	Philosophy	Sulekha Das.
7.	Disha Adhikary	Political Science	Disha Adhikary
8.	Riswan Biswas	Geography	Riswan Biswas
9.	Ankur Sarkar	Physiology	Ankur Sarkar
10.	Rick Biswas	English	Rick Biswas
11.	Ritik Mallick	History	Ritik Mallick
12.	Aishe Biswas	History	Aishe Biswas
13.	Sayani Mondal	History	Sayani Mondal
14.	Prapti Saha	Physiology	Prapti Saha
15.	AYAN CHAKRABORTY	Sanskrit	Ayan Chakraborty
16.	Soham Barai	Computer Science	Soham Barai
17.	Barsha Paul.	Political Science	Barsha Paul.
18.	Rohit Biswas	English	Rohit Biswas
19.	SONIA ROY	English	Sonia Roy

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ATTENDANCE SHEET OF PARTICIPANTS

Sl. No.	Name of the Student	Department	Signature
1.	POUSHALY UPADHYAY	BENGALI	Poushaly Upadhyay
2.	RANI MONDAL	Bengali	Rani Mondal
3.	PRIYANKA HALDER	Bengali	Priyanka Halder
4.	SWAGATA SARKAR	Bengali	Swagata Sarkar
5.	SUCHANDA ROY	Bengali	Suchanda Roy
6.	Atori Ghosh	Bengali	Atori Ghosh
7.	Sumaya Sultana	Physiology	Sumaya Sultana
8.	Manalee Biswas	Zoology	Manalee Biswas
9.	Payel Saha.	Zoology	Payel Saha.
10.	Trisha Brahamnik	Zoology	Trisha Brahamnik
11.	TANWISTHA MONDAL	English	Tanwistha Mondal
12.	SUBHRASIT DASH	English	Sh
13.	Puja Ghosh.	Bengali	Puja Ghosh.
14.	Tiya Biswas	Bengali	Tiya Biswas.
15.	Pampa Dhali	Bengali	Pampa Dhali
16.	Keya Bain	Bengali	Keya Bain 21/06/26
17.	Smrita Biswas	Bengali	Smrita Biswas
18.	Mosmin Khan	Bengali	Mosmin Khan 21/06/26
19.	Piyali Baidya	Bengali	Piyali Baidya 21.06.26.

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Time : 6:30 A.M. Onwards

ATTENDANCE SHEET OF PARTICIPANTS

Sl. No.	Name of the Student	Department	Signature
1.	Indrani Mondal	Bengali	Indrani Mondal
2.	Sruja Debnath	Bengali	Sruja Debnath.
3.	Parama Roy	English	Parama Roy
4.	Ruja Talukdar	History	Ruja Talukdar
5.	Mistu Biswas	History	Mistu Biswas
6.	Atanu Dutta	History	Atanu Dutta
7.	Rittika Biswas	Zoology	Rittika Biswas
8.	Atreyee Sarkar	Zoology	Atreyee Sarkar
9.	Soma Sakhari	bengali	Soma Sakhari
10.	Shrubabati Chatterjee	English	Shrubabati Chatterjee
11.	Saleha Parvin	Bengali	Saleha Parvin
12.	Bubun Haldar	Sociology	B. Haldar
13.	Nilaparna Biswas	Sociology	Nilaparna Biswas
14.	Shibhankar Biswas	History	Shibhankar Biswas
15.	Koyel Adhikary	English	Koyel Adhikary
16.	PAYEL BISWAS	English	Payel Biswas
17.	INDRANI KIRTONIA	English	Indrani Kirtonia



Ministry of
Ayush

Government of India



Shri Narendra Modi
Hon'ble Prime Minister



YOGA SANGAM PATRA

This is to certify that

M/s P. R. THAKUR GOVERNMENT COLLEGE

organized Yoga Sangam event to mark the International Day of Yoga on 21st June, 2026.

The event was organized

at COLLEGE CAMPUS and had the participation of 120 people.

It is also to certify that this event was held simultaneously and in harmony with the national event of International Day of Yoga 2026, led by the Hon'ble Prime Minister at Kolkata, West Bengal.

Prataprao Jadhav

Union Minister of State (IC), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June, 2026
New Delhi