



# HAZI A. K. KHAN COLLEGE

*ESTD : 2008*

P.O + P.S.- Hariharpara . Dist.-Murshidabad Pin-742166

Website: [www.haziakkhancollege.ac.in](http://www.haziakkhancollege.ac.in) E-mail Id : [haziakkhancollege@yahoo.com](mailto:haziakkhancollege@yahoo.com)

E-mail Id: [haziakkhancollege@gmail.com](mailto:haziakkhancollege@gmail.com)

Mob:

## Report on International Yoga Day Celebration- 2023-2024

**Event:** International Yoga Day

**Date:** 21st June 2024

**Venue:** Rezaul Karim Kaksha, Seminar Hall

**Organized by:** Department of Physical Education, Hazi A. K. Khan College

### **Description of the Programme**

The International Yoga Day celebration at Hazi A. K. Khan College was a remarkable event held on the 21st of June, 2024, in the Rezaul Karim Kaksha, the Seminar Hall of the college. The Department of Physical Education meticulously organized the event to promote the significance of yoga in daily life among the students and faculty.

The event commenced with a welcome speech by the principal of the college, Dr. Goutam Kumar Ghosh, who emphasized the importance of integrating yoga into our daily routines. In his inspiring talk, Dr. Ghosh highlighted how regular practice of yoga can lead to a peaceful mind, which in turn facilitates better concentration and academic performance. He stressed that a disciplined yoga practice not only enhances mental well-being but also fosters physical health, thus preparing individuals to face life's challenges with resilience and calmness.

Dr. Goutam Ghosh's message resonated deeply with the students, encouraging them to adopt yoga as a daily habit. His insights on the holistic benefits of yoga provided a new perspective to many students, motivating them to incorporate these practices into their lifestyles to achieve a balanced and harmonious existence.

Adding to the significance of the event, Dr. Piyali Dan, the IQAC coordinator, also graced the occasion with her presence. Dr. Dan encouraged the students to actively participate in yoga sessions and emphasized the role of yoga in creating a healthy and positive atmosphere within the college and the larger community. Her words served as an additional source of motivation for the students, reinforcing the value of yoga in personal development and societal well-being. Along with Principal Sir and IQAC madam there was also present secretary of teacher counsel Dr. Puloskes Mondal, sir also gave very fruitful message to the students to grow intellectually and even in mentally. He also emphasized on the concept that mind body combination is very very important for study. Continuing the habit of exercise lead you to be happy throughout your life.

The students of Hazi A. K. Khan College actively participated in the program with great enthusiasm. They engaged in various yoga postures and breathing exercises, guided by the instructors from the Department of Physical Education. The interactive sessions allowed the students to experience the immediate benefits of yoga, such as relaxation and improved focus. The event was not only educational but also provided a practical understanding of how yoga can be seamlessly integrated into daily life.

In conclusion, the International Yoga Day celebration at Hazi A. K. Khan College was a resounding success. The event, driven by the insightful talks from the principal and the IQAC coordinator, and the enthusiastic participation of the students, achieved its objective of promoting a healthy lifestyle through yoga. The message imparted during the event will undoubtedly help the students grow both mentally and physically, contributing to a healthier and more harmonious society.

  
Principal  
Hazi A.K Khan College  
Hariharpara, Murshidabad



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## PHOTO GALLERY:



  
Principal  
Hazi A.K Khan College  
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## Attendance Sheets of the Students

CELEBRATION OF INTERNATIONAL DAY OF YOGA -2024

ORGANIZED BY DEPARTMENT OF PHYSICAL EDUCATION

UNDER THE GUIDANCE OF INTERNAL QUALITY ASSURANCE CELL

VENUE: REZAUL KARIM KAKSHA, HAZI A.K. KHAN COLLEGE

DATE: 21/06/2024

TIME: 12:30 P.M.

SL. No.	Name	Regn. No.	Signature
1.	FAUJIA KHATUN	058650	Faujia Khatun
2.	TOUFIK HOQUE MONDAL	059340	Toufik Hoque Mondal
3.	AYESHA MOLLIK	058620	AYESHA MOLLIK
4.	ABHIJIT HALDER	046054	Abhejit Halder
5.	ABDUL MOMIN MONDAL	059037	Abdul Momiz Mondal
6.	MOBIUL SK	059161	Mobiceel. Sk
7.	JULFIKKAR MONDA	046092	Junfukkar munda
8.	INJAMUL HOQUE	046085	Injamul Hoque
9.	CHURAMANIMAHATA	059088	Churamani Mahata
10.	PRALOY SAHA	059193	Pralay Saha
11.	SAIF ALI ANSARY	059266	Saif Ali Ansary
12.	Shibashis Ghosh	054612	Shibashis Ghosh
13.	RIJU MANDAL	054543	Riju Mandal
14.	ASIF MANDAL	054349	Asif Mandal
15.	MASUD ALI	054427	Masud Ali
16.	DEEP HALDER	054369	Deep Halder
17.	SAYEDUJJAMAN	046193	Sayedujjaman
18.	PARVEJ AKTAR	046134	Parvej Aktar
19.	JIARUL MANDAL	046088	Jiarul mandal
20.	RAMMA AKHTAR BANU	045662	Ramma Akhtare Banu



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Principal  
Hazi A.K Khan College  
Hariharpara, Murshidabad



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SL. No.	Name	Regn. No.	Signature
21	KHADIZA KHATUN	053884	Khadiza Khatun
22	SABNUR KHATUN	054989	Sabnur Khatun
23	MINUKA KHATUN	045928	Minuka Khatun
24	KOYESHA SULTANA	053892	Koyesha Sultana
25	JIMIA SABNAM	053854	Jimiam
26	MILI PARVIN	053928	Miliparvin
27	YEASMIN KHATUN	054287	Yeasmin
28	NASRIN SULTANA	058344	Nasrin Sultana.
29	SHILPA KHATUN	058351	Shilpa Khatun
30	SHIBASHIS GHOSH	054612	Shibashis
31	SABNAM SALEHA	058554	Sabnam Saleha
32	MD. HASANUJJAMAN SK	045784	MD. Hasanujjaman SK
33	Anwesha chatterjee	058465	Anwesha chatterjee,
34	MD. TAHIDUL ANSARI	059153	md. Tahidul Ansari
35	BIKRAM DUTTA	059081	Bikram Dutta
36	OESKURNI SK	059190	Oeskurni
37	RAJIB MONDAL	058404	Rajib Mondal
38	SAHEB SK	058591	Sahab SK
39	MOBASSIR SHAIKH	058564	Mobasser Shaikh
40	SAMIMA NASRIN	058557	Samima Nasrin



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## NOTICE



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Memo No:

From: Principal

Mob:

Date: 15/06 /2024

## NOTICE

This is hereby notified to all the students of Department of Physical Education that "International Yoga Day" will be celebrated on 21.06.2024 at 11:00 a.m. in the College Campus.

So, all the students are requested to attend the programme on the day and participate there.

Principal  
Hazi A.K.Khan College  
Hariharpara, Murshidabad

Principal  
Hazi A. K. Khan College  
Hariharpara, Murshidabad



Prepared by Jamila Khatun



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Principal  
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