



**OFFICE OF THE PRINCIPAL
HOOGHLY MOHSIN COLLEGE**

COLLEGE ROAD, CHINSURAH, HOOGHLY-712101, WEST BENGAL

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REPORT ON OBSERVANCE OF INTERNATIONAL DAY OF YOGA 2026

Venue: Central Lawn of Hooghly Mohsin College.

Date and Time: 21 June 2026 (Sunday) at 6:30 AM.

Organized by: Hooghly Mohsin College, Chinsurah, Hooghly, 712101.

1. Introduction

The 12th International Day of Yoga 2026 was observed with great enthusiasm and active participation at Hooghly Mohsin College on 21 June 2026. Aligned with the global United Nations theme for this year—"Yoga for Healthy Ageing"—the event was organized to promote awareness regarding the importance of yoga in maintaining physical health, mental well-being, and emotional balance. The event witnessed the presence of the Principal, teachers, non-teaching staff, and students of the college. Approximately 100 participants attended and took part in the "YOGA SANGAM".

2. Participation Profile

The event witnessed a highly encouraging and diverse turnout, reinforcing the collective commitment of the college community toward health and mindfulness. A total of **approximately 100 participants** attended the physical session, categorized as follows:

- **Administration:** The Principal, Dr. Purushottam Pramanik.
- **Faculty Members:** Teaching staff spanning various departments of Science, Arts, and Commerce.
- **Administrative Support:** Non-teaching and technical staff members.
- **Students:** Active student volunteers, primarily drawing from the NSS Unit, NCC cadets, and general undergraduate/postgraduate bodies.



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3. Inaugural Session

The program “YOGA SANGAM” commenced precisely at 6:35 AM with the welcome address by the Principal, Dr. Purushottam Pramanik. In his introductory address, Dr. Pramanik welcomed the gathering and elaborated on the year's specific theme, *“Yoga for Healthy Ageing”*. He underscored that the habits formed during youth pave the way for an independent, healthy, and dignified life in later years. He encouraged students and staff alike to look beyond the academic pressures and dedicate at least twenty minutes daily to yogic practices to combat modern lifestyle-related ailments.

Several teachers also addressed the gathering and emphasized the role of yoga in reducing stress, improving concentration, and enhancing overall fitness. The speakers underscored the relevance of yoga in the modern age, where sedentary lifestyles and mental stress have become increasingly common.

4. Yoga Demonstration and Practice Session

Following the inaugural session, a guided yoga practice was conducted by an experienced instructor as per the guidelines of **Common Yoga Protocol, prescribed by the Ministry of Ayush, Government of India.**



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The layout of the session was strategically divided into distinct developmental phases:

- **Warm-up & Loosening Exercises (Sithilika Karana):** Gentle neck rotations, shoulder movements, and trunk twisting to ready the body and prevent strain.
- **Standing Postures (Asanas):** Participants performed *Tadasana* (Palm Tree Pose) for spinal alignment, *Vrikshasana* (Tree Pose) for neurological balance, and *Pada-Hastasana* (Forward Bend).
- **Breathing Techniques (Pranayama):** The instructor guided the 100-strong gathering through *Kapalbhati* (shining skull breath), *Anulom Vilom* (alternate nostril breathing) for respiratory cleansing, and *Bhramari* (humming bee pranayama) to soothe the nervous system.
- **Meditation & Dhyana:** The session concluded with a 10-minute deep meditation aimed at inner peace, focus, and mental clarity.

The instructors explained the benefits of each posture and demonstrated the correct methods of practice. Participants actively followed the instructions and displayed keen interest throughout the session. The collective practice created an atmosphere of harmony, discipline, and positivity within the college campus.

5. Participation and Response

The programme witnessed active participation from approximately 100 individuals, including students, teaching staff, and non-teaching staff members. The enthusiastic involvement of all sections of the college community reflected a growing awareness of the importance of health and wellness. Students expressed their appreciation for the opportunity to learn practical yoga techniques that could help them manage academic stress and improve concentration. Faculty members and staff also acknowledged the benefits of yoga in maintaining physical fitness and mental balance.





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6. Significance of the Event

The observance of International Day of Yoga served as an important platform to promote healthy living and holistic development among the college community. The event highlighted the universal appeal of yoga and its effectiveness in fostering physical fitness, mental peace, and social harmony. It also encouraged participants to adopt regular yoga practice as a means of enhancing their quality of life.

The programme successfully conveyed the message that yoga is not merely a form of exercise but a way of life that contributes to personal growth, self-discipline, and overall well-being.

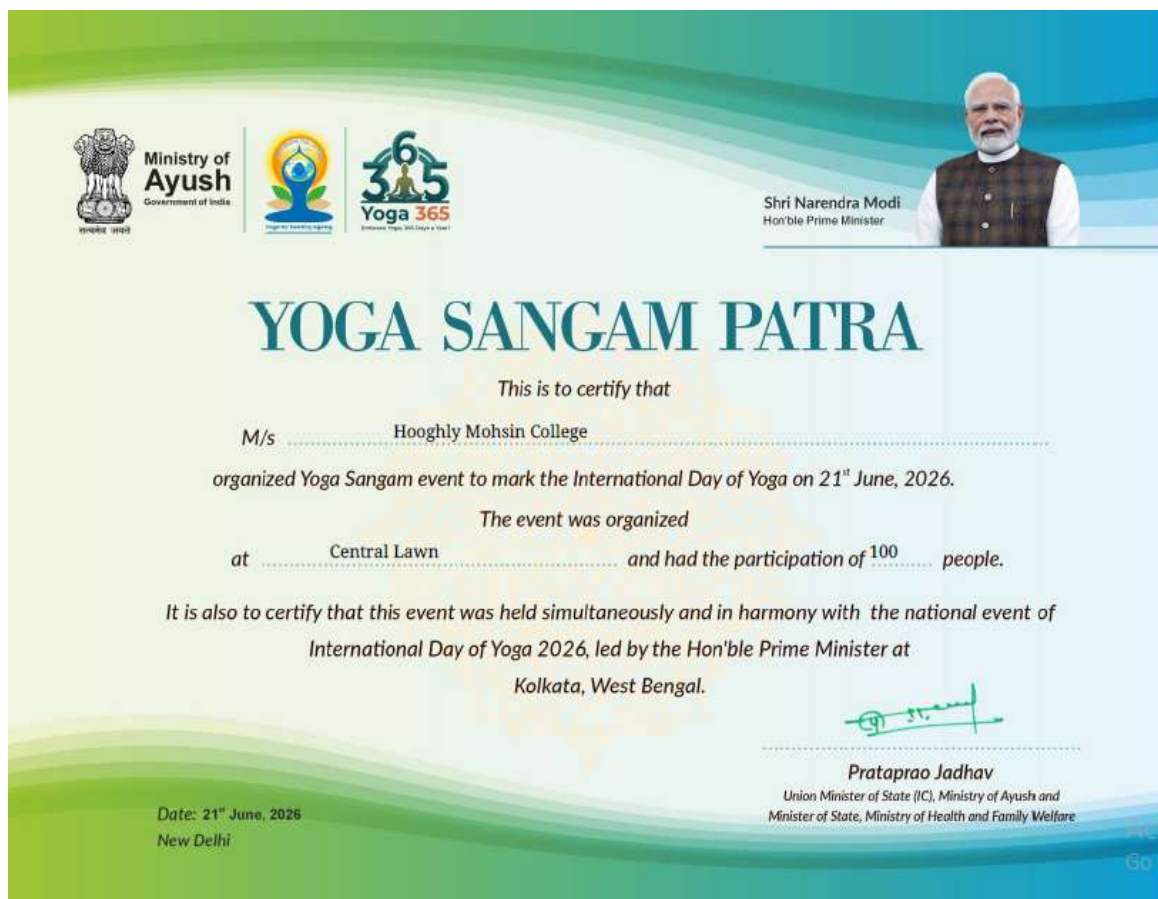


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7. Conclusion

The observance of 12th International Day of Yoga 2026 at Hooghly Mohsin College was a grand success. The active participation of the Principal, teachers, non-teaching staff, and students demonstrated the collective commitment of the institution towards promoting health, wellness, and holistic education. The event concluded with a vote of thanks was placed on record by IQAC Coordinator Dr. Bikash De to all participants and organizers for their valuable contributions in making the programme meaningful and successful.

The college looks forward to organizing similar activities in the future to encourage healthy habits and create greater awareness about the benefits of yoga among students and staff.


Principal
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