

Name of the Event: International Day of Yoga, 2026

Organized by: Internal Quality Assurance Cell, NSS, Sports Society and Students' Council,
Shri Shikshayatan College

Date: 20th June, 2026.

Venue: College Auditorium

Participants: Students of B.A/B.Sc.,B.Com. and B.Ed.

Time: 7am-8am

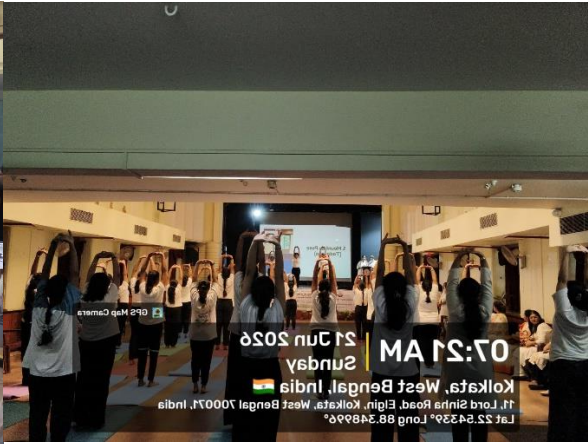
Brief Description of the Event:

The yoga session was conducted by Ms.Sonia Majumder, Assistant Professor, Dept. of B.Ed., Shri Shikshayatan College. Students performed a series of asanas designed to promote strength, flexibility, and balance, followed by pranayama and a brief meditation session.

Segments	Asanas	Outcome
SURYA NAMASKAR (Sun Salutation)	Pranamasana (Prayer Pose)	This pose helps cultivate focus and prepares the mind for practice.
	Hasta Uttanasana (Raised Arms Pose)	This pose stretches the chest and improves lung expansion.
	Padahastanasana (Hand-to-Foot Pose)	This pose stretches the back and hamstrings.
	Ashwa Sanchalanasana (Equestrian Pose)	This pose strengthens the arms and core.
	Chaturanga Dandasana (Four-Limbed Staff Pose)	This pose strengthens the arms and core.
	Ashtanga Namaskara (Eight-Point Salute)	This pose develops upper-body strength..
	Bhujangasana (Cobra Pose)	This pose increases spinal flexibility.
	Parvatasana (Mountain Pose)	This pose stretches the entire back body.
	Ashwa Sanchalanasana (Equestrian Pose)	This pose improves balance and coordination.
	Padahastanasana (Hand-to-Foot Pose)	This pose promotes flexibility in the legs and spine.
	Hasta Uttanasana (Raised Arms Pose)	This pose opens the chest and improves posture.
	Pranamasana (Prayer Pose)	This pose restores balance and calmness.
STANDING POSTURES	Tadasana (Mountain Pose)	This pose improves posture, balance, and body alignment.
	Vrikshasana (Tree Pose)	This pose improves balance and concentration.
	Ardha Uttanasana (Half Forward Bend)	This pose stretches the back and improves spinal mobility.
	Virabhadrasana (Warrior Pose)	This pose builds strength and stability in the legs.

	Malasana (Garland Pose)	This pose helps open the hips and improve mobility.
SEATED POSTURES	Sukhasana (Easy Pose)	This pose promotes mental calmness and relaxation.
	Dandasana (Staff Pose)	This pose encourages proper spinal alignment.
	Baddha Konasana (Cobbler Pose)	This pose improves flexibility in the hips and groin.
	Vajrasana (Diamond Pose)	This pose supports healthy digestion.
	Balasana (Child's Pose)	This pose helps release tension in the body and mind and also helps immensely with abdominal cramps.
SUPINE POSTURES	Savasana (Corpse Pose)	This pose promotes deep physical and mental relaxation.
	Setu Bandhasana (Bridge Pose)	This posture strengthens the back, glute muscles, and hamstrings while simultaneously stretching the chest, neck, and spine to improve overall flexibility and respiratory capacity.
	Uttan-padasana (Raised Leg Pose)	This pose strengthens the core and abdominal region.
	Pavan Muktasana (Wind-Relieving Pose)	This pose helps support healthy digestion.
PRONE POSTURES	Makarasana (Crocodile Pose)	This pose relieves fatigue and promotes relaxation.
	Bhujangasana (Cobra Pose)	This pose strengthens the spine and opens the chest.
	Chaturanga Dandasana (Four-Limbed Staff Pose)	This pose develops strength in the arms, shoulders, and core.
PRANAYAMA		<ul style="list-style-type: none"> • Helps calm the mind, improve concentration, and promote a sense of balance and relaxation. • Helps energize the body, improve lung function, and increase mental alertness. • Helps reduce stress, quiet the mind, and promote a feeling of inner peace.
MEDITATION		Meditation is a simple yet powerful practice that helps bring harmony to the mind and body. As we sit quietly and focus our attention inward, the mind gradually becomes calmer and more focused. Regular meditation helps reduce stress, improve concentration, and promote emotional balance. It cultivates mindfulness, allowing us to remain present and aware in our daily activities. With continued practice, meditation

fosters inner peace, mental clarity, and an overall sense of well-being, helping us lead healthier and more balanced lives.





NSS, SPORTS SOCIETY, STUDENTS' COUNCIL AND IQAC
of
SHRI SHIKSHAYATAN COLLEGE
present



YOGA SANGAM

TO CELEBRATE
INTERNATIONAL DAY OF YOGA, 2026

DATE: 21.6.26

VENUE: COLLEGE
AUDITORIUM

TIME: 7AM TO 8AM

CERTIFICATES WILL
BE PROVIDED

ALL ARE REQUESTED TO JOIN



Ministry of
Ayush
Government of India



Shri Narendra Modi
Hon'ble Prime Minister



YOGA SANGAM PATRA

This is to certify that

M/s **SHRI SHIKSHAYATAN COLLEGE**

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

The event was organized

at College Auditorium and had the participation of 100 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 (I/C), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June, 2026
New Delhi