

**MHRD'S
INNOVATION CELL**
(GOVERNMENT OF INDIA)



Report on " International Yoga Day "

Title of the Conference: " International Yoga Day "

Organized By: Institution's Innovation Council (IIC), Swami Vivekananda University, Kolkata

Mode of Delivery: Off-line

No. of Participants: 45

Nationality: Indian

Duration: 3 Hours

Date: 21st June 2026

Venue/Location: Campus Play Ground, Swami Vivekananda University, Kolkata

Objectives:

The primary objective of celebrating International Yoga Day at Swami Vivekananda University, Kolkata, organized by the Institution's Innovation Council (IIC) in collaboration with the National Service Scheme (NSS) and National Cadet Corps (NCC), was to promote holistic health, mindfulness, and physical well-being among students, faculty, and staff. In alignment with the global theme, "Yoga for One Earth, One Health," the event aimed to instill a conscious lifestyle that harmonizes individual well-being with environmental and community health. By introducing practical yoga methodologies, the institution sought to foster stress reduction, emotional resilience, and enhanced focus within the academic community, thereby encouraging innovation and productivity through a balanced mind and body.

Outcome:

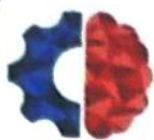
The event successfully generated widespread awareness regarding the long-term health benefits of integrating yoga into regular daily schedules. Participants demonstrated immediate positive outcomes, reporting a noticeable reduction in morning stress, heightened energy levels, and an enhanced sense of community solidarity through shared practice. By bridging institutional bodies like the IIC, NCC, and NSS, the celebration successfully established a foundational culture of wellness on campus, proving that physical well-being and mental clarity are vital prerequisites for fostering an environment of academic excellence and creative problem-solving.

Session Highlights:

the event commenced early in the morning at 7:30 AM at the Satyajit Ray Muktomoncho. The session opened with a brief introductory address highlighting the scientific benefits of yoga in daily life, followed by a prayer to set a peaceful ambiance. Under the guidance of certified instructors, participants engaged in a series of routine practices, including standard Asanas (postures), Pranayama (breathing exercises), and a guided meditation session. The active involvement of NCC cadets and NSS volunteers added a disciplined structure to the event, ensuring seamless coordination as participants collectively practiced routines designed to improve flexibility, respiratory efficiency, and mental clarity.

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Swami Vivekananda University, Kolkata


Institution's Innovation Council
Swami Vivekananda University

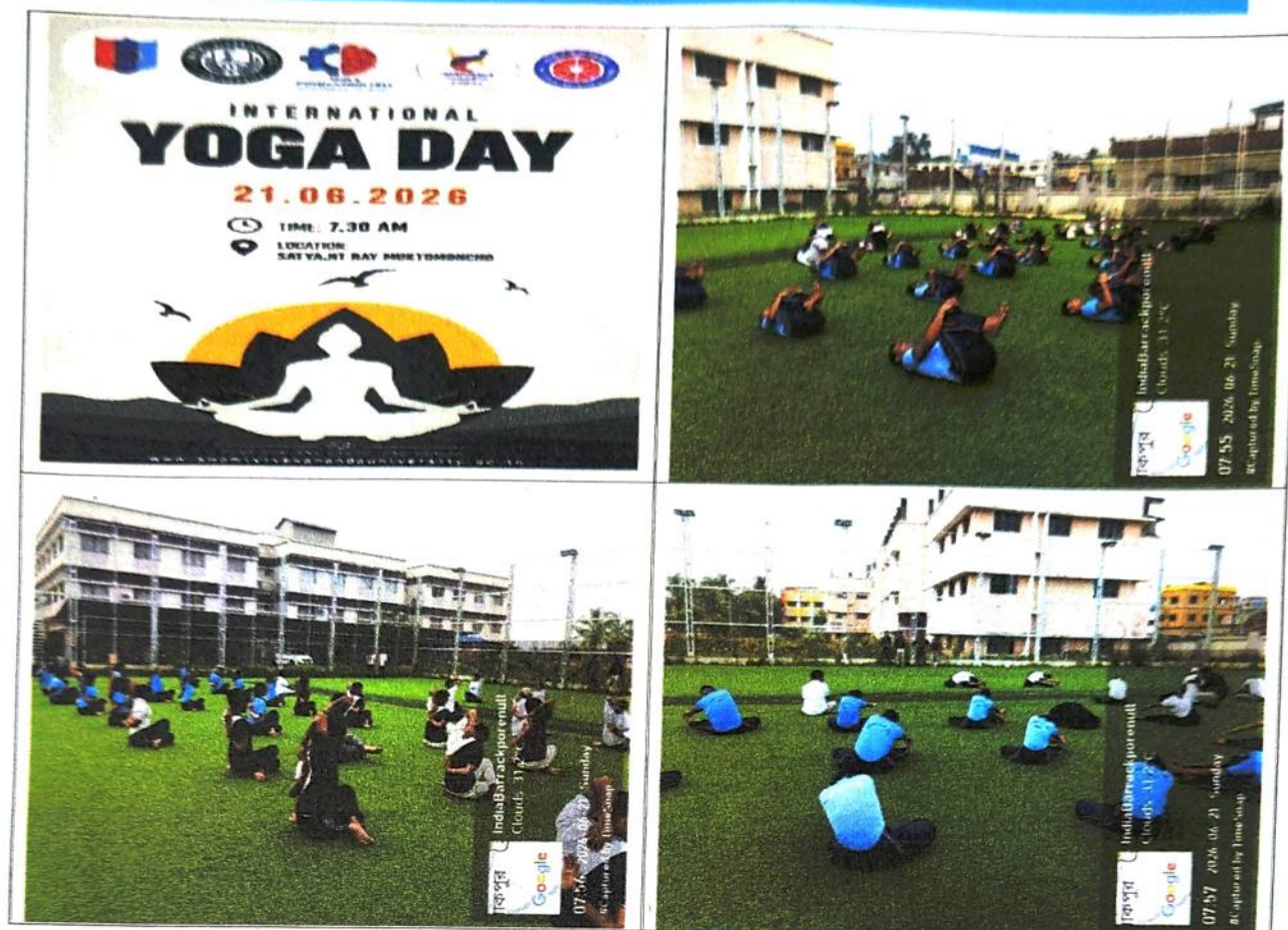


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INSTITUTION'S
INNOVATION
COUNCIL
(Ministry of HRD Initiative)

Glimpse of the event:



General Participants Feedback:

The overall feedback from the participants was overwhelmingly positive, with many expressing gratitude for the timely initiative, particularly given the demanding nature of academic routines. Attendees highly appreciated the serene outdoor venue at Satyajit Ray Muktomoncho and the clear, step-by-step demonstrations provided by the session instructors. A large majority of students and faculty members expressed a strong interest in attending similar wellness programs in the future, noting that the early morning timing was ideal for starting the day with a rejuvenated mindset.

Recommendations:

To sustain the momentum generated by this successful event, it is highly recommended to transition from an annual celebration to regular, weekly, or bi-weekly yoga and meditation sessions on campus. Setting up a dedicated wellness corner or integrating short mindfulness breaks into the academic calendar could greatly benefit student mental health. Furthermore, future events could expand their scope by incorporating specialized workshops on nutritional guidance and stress management techniques, ensuring a more comprehensive approach to holistic health for the entire university community.

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Signature of the Convenor with University Seal

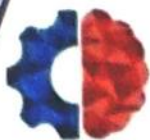
Convenor:

**Dr. Ranjan Kumar,
Convenor, IIC Cell**

**Associate Professor & Head, Dept. of Mechanical Engineering,
Swami Vivekananda University, Kolkata-700121.**

**Institution's Innovation Council
Swami Vivekananda University**

**Institution's Innovation Council (IIC),
Swami Vivekananda University, Kolkata**



International Yoga Day

Date: 21st June, 2026

SL No.	Name	Department	Reg. No. / Faculty ID	Signature
1	Sayantan Kamile	DME		Sayantan Kamile
2	Joy Bhattacharyay	DME		Joy Bhattacharyay
3	MOHAMMAD ASHIF	DME		Md. ASHIF
4	Subhadeep Mudi	DME		Subhadeep Mudi
5	Tushar Bangal	DME		Tushar Bangal
6	Shuvam Roy	DME		Shuvam Roy
7	Rabindra Nath Manna	DME		Rabindra Nath Manna
8	Bambam Kumar	DME		Bambam Kumar
9	Sanjann Roy	DME		Sanjann Roy
10	Suman Maity	DME		Suman Maity
11	Rajdeep Khataua	DME		Rajdeep Khataua
12	Koushik Halder	DME		Koushik Halder
13	Sanjann Mondal	DME		Sanjann Mondal
14	Satyajit Paul	DME		Satyajit Paul
15	Arash Das	DME		Arash Das
16	Krishnakanta Jana	DME		Krishnakanta Jana
17	SUKANTA BISWAS	BME		Sukanta Biswas
18	AYAN KANTI BISWAJ	BME		Ayan Kanti Biswas
19	GOBINDA DAS	BME		GoBINDA Das.
20	SUVANKAR MONDAL	BME		Suvankar Mondal
21	TANAY MALLICK	BME		Tanay Mallick
22	TUSHAR SINGH	BME		Tushar Singh
23	SAUMAJEET DEY	BME		Saumajeet Dey
24	DEBANJAN DAS	BME		Debanjan Das
25	NITIN SHAW	BME	002-101-2023-008	Nitinshaw
26	ARPAN DEY	BME	002-101-2023-009	Arpan Dey
27	JAYJIT DEY SARKAR	BME	002-101-2023-117	Jayjit Dey Sarkar
28	PAPAI SANTRA	BME	002-101-2023-002	Papai Santra
29	MANISH KUMAR SHAW	BME	002-101-2023-017	Manish Kumar V
30	SWARNADIP JANA	BME	002-101-2023-001	Swarnadip Jana
31	SUSANTA SARMAL	BME	002-101-2023-016	Susanta Sarmal
32	AMIT MAITY	BME	002-101-2023-005	Amit Maity
33	DEBARGHA ROY	BME	002-101-2023-032	Debargha Roy
34	JIT KANGSABANIK	BME	002-101-2023-010	Jit Kangsabani
35	DEBARGHA MANDAL	BME	002-101-2024-081	Debargha Mandal
36	Priyanshu Das	BME	002-101-2024-180	Priyanshu Das
37	ARJIT MANNA	DME	002-101-2024-002	Arjit Manna



SL No.	Name	Department	Reg. No. / Faculty ID	Signature
38	AKASH SHAW	DME		Akash Shaw
39	Ujjish Roy	DME		Ujjish Roy
40	SAMITOSH SAHOO	DME		Samitosh Sahoo
41	SOUMYADIP DAS	DME		Soumyadip Das
42	SUDIPTA ZANA	DME		Sudipta Zana
43	ABHISEK GHOSH	DME		Abhisek Ghosh
44	RUPAM BISWAS	DME		Rupam Biswas
45	Ritik Kumar Singh	DME		Ritik Kumar Singh
46	Prince Kumar Verma	DME		Prince Kumar Verma
47	JAYANTA MALTY	DME	000-DME-2024-00040	Jayanta Malt
48	DEEP SAMANTA	DME		Deep Samanta
49	SUBHASIT PRAMANIK	DME		Subhasit Pramanik
50	CHANDANI BHA	DME		C. Bha
51	ASIT BARAN ADAR	DME	000-101-2024-12	Asit Baran Adar
52	SANJOY BHUNIA	DME	000-101-2025-001034	Sanjoy Bhunia
53	Prasant Shaw	DME		Prasant Shaw
54	SANJIT JANA	DME	000-101-2025-089	Sanjit Jana
55	SOURAV MONDAL	DME	000-101-2025-002500	Sourav Mondal
56	SOUMEN MONDAL	DME	000-101-2024-068	Soumen Mondal
57	Subhansu Pradhan	DME	000-101-2024-009	Subhansu Pradhan
58	BIMAL CHAKRABORTY	DME	000-101-2024-048	Bimal Chakraborty
59	ABU HOSEIN	DME	000-101-2024-015	Abu Hosein
60	SOURAV MANDAL	DME	000-101-2024-063	Sourav Mandal
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