



Report on the Observance of International Day of Yoga (IDY) 2026

Date: 21st June, 2026

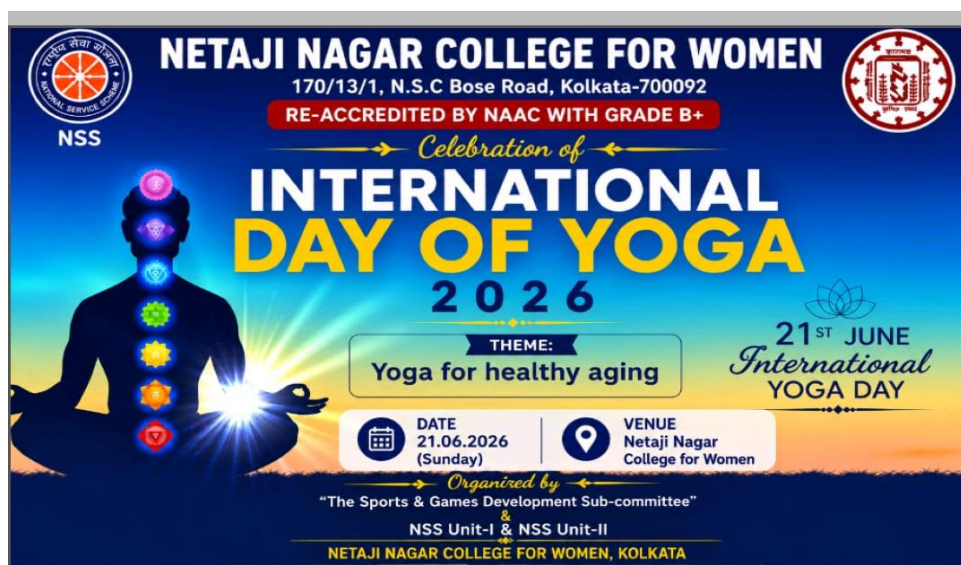
Occasion: 12th International Day of Yoga (IDY)

Theme: “Yoga for Healthy Ageing”

Venue: Rabindranath Tagore Hall, Netaji Nagar College for Women, Kolkata-700092

Report

“Sports and Game development Subcommittee” and NSS units (Unit-I & Unit-II) of Netaji Nagar College for Women (NNCW) observed the 12th International Day of Yoga (IDY) on 21st June 2026 with great enthusiasm and active participation from students, faculty members, and non-teaching staff. The theme of this year is “Yoga for Healthy Ageing.” The observance highlighted yoga's role in promoting physical fitness, mental well-being, emotional balance, and active ageing in response to growing global concerns about ageing populations and lifestyle-related diseases. The main national celebration in India was organized in Kolkata, where our Hon'ble Prime Minister **Shri Narendra Damodardas Modi** led the mass yoga session on historic venue, **Red Road, Kolkata**. Millions of participants joined this event not only across India but also around the world. The programme was arranged in our college offline as well as in online mode. There were 100 participants who enthusiastically joined this programme.



Flyer of The Programme

170/13/1 N.S.C. BOSE ROAD, KOLKATA-700092
RE-ACCREDITED BY NAAC WITH B⁺(3rd Cycle)



INTERNATIONAL DAY OF YOGA (IDY) 2026

Date: 21 June 2026 Time: 6:30 AM

Venue: Rabindranath Tagore Auditorium, NNCW

(G.O. No. 189/1(8)/2026, 14 June 2026, issued by Chief Secretary, Government of West Bengal)

Organized by IQAC, Sports and Games Development Sub-Committee, NSS-Unit I & II, NNCW

PROGRAM SCHEDULE

Time	Programme
6:30 AM-6:35 AM	Vedic Chanting Dr. Niranjan Jaladas & Neha Das
6:35 AM-6:45 AM	Inauguration and Short Introduction Dr. Mausumi Bandyopadhyay, Principal, NNCW
6:45 AM-7:00 AM	Brief Discussion (a) Dr. Moumit Roy Goswami, IQAC, NNCW (b) Dr. Niranjan Jaladas, TCS, NNCW
7:00 AM – 7:45 AM	Yoga Session and <i>Shanti Mantra</i> Under the guidance of Smt. Paulami Chakraborty, Yoga Instructor, Department of Bengali, NNCW
7:50 AM	Vote of Thanks Sri Charu Chand Hansda, Nodal Teacher, NNCW
7:55 AM	National Anthem All participants

We cordially invite everyone to join and make the event a great success

Inauguration

The programme began with Vedic chanting by Teachers and Students. The event was inaugurated by **Dr. Mausumi Bandyopadhyay**, Principal, Netaji Nagar College for Women, Kolkata at 6:30 a.m. at the venue -**Rabindranath Tagore Hall, NNCW**. Teachers, Students and staff gathered at the venue to perform yoga. A brief introduction of the relevance, significance and the objectives of celebration on the theme in the context of modern lifestyles, increasing stress levels, and the need for preventive healthcare practices was discussed by **Dr. Moumit Roy Goswami**, IQAC Co-ordinator, NNCW and Dr. Niranjana Jaladas, TCS, NNCW.

Background

The programme started with remembering the brief historical significance of this day. The International Day of Yoga (IDY) is observed annually on **21st June 2026** following the adoption of a resolution by the **United Nations General Assembly** in December 2014. The proposal was introduced by India and received broad international support. The first observance took place in 2015. The day aims to spread awareness about yoga's benefits for health, harmony, and sustainable living.

Theme of IDY-2026

The Ministry of AYUSH announced the official theme “**Yoga for Healthy Ageing.**” for the year 2026.

The theme emphasized:

- Physical fitness and mobility among older adults.
- Prevention of non-communicable diseases.
- Mental health and emotional resilience.
- Improved quality of life for senior citizens.
- Active and healthy ageing through regular yoga practice.

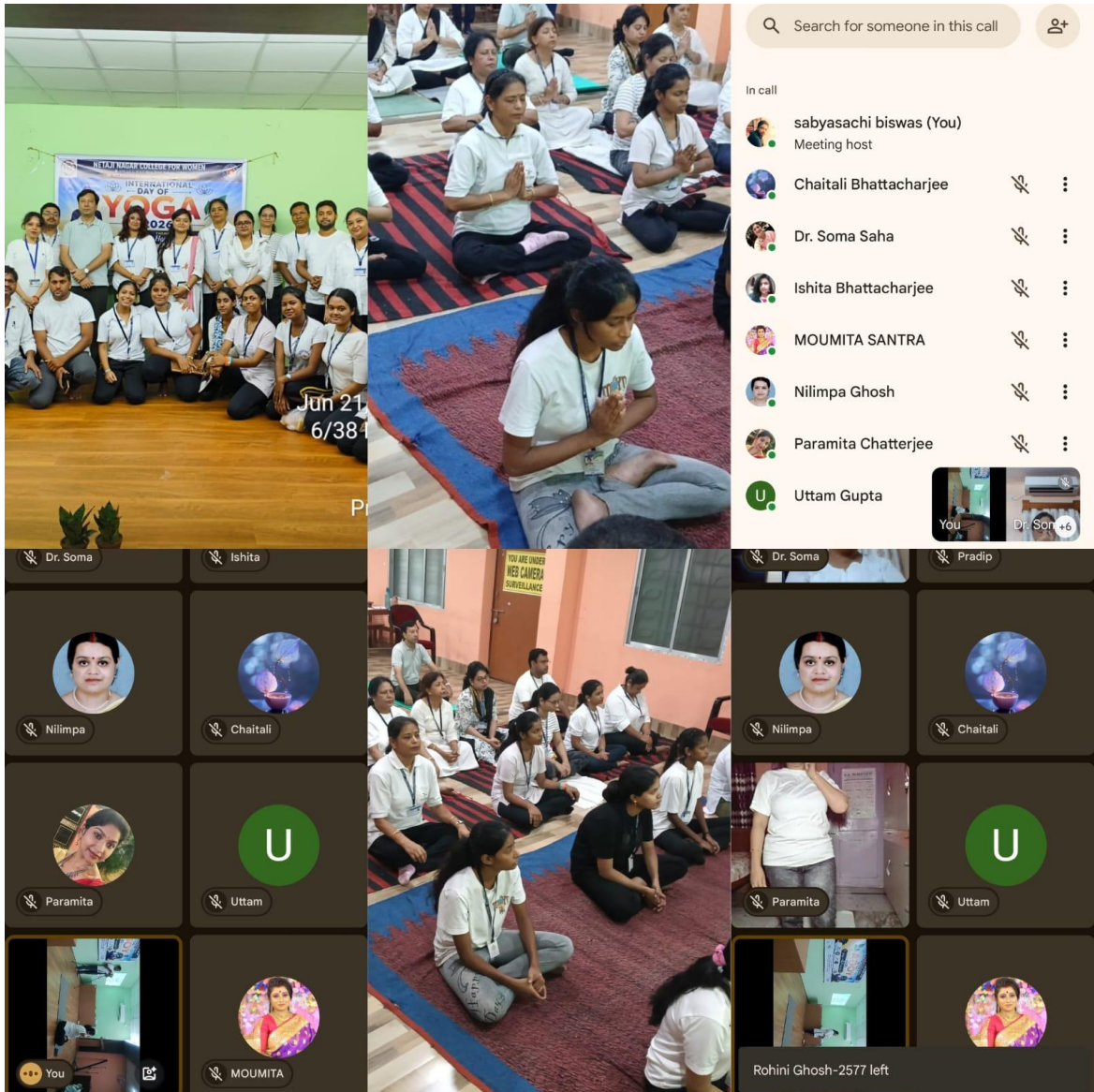
The theme reflected growing scientific and global recognition of yoga as a holistic tool for maintaining health and independence throughout life.

Activities in the event

The “**Yoga Sangam**” initiative coordinated synchronized yoga sessions across thousands of locations in India, promoting community participation and nationwide engagement. In our college, the day was celebrated through the 45 minutes standard Common Yoga Protocol (CYP) prescribed for International Day of Yoga (IDY) celebration. The overall session was successfully completed with the guidance of **Smt. Paulami Chakraborty** (Yoga instructor, Faculty, NNCW) and **Sri Charu Chand Hansda** (Nodal Teacher, NNCW) and **Dr. Putul Malla Chowdhury** (NSS unit-I, NNCW) and **Dr. Samiran Kora** (NSS unit-II, NNCW). Students have participated actively in the programme. Below we have attached the images of the event.



Photos of the Event



Photos of the Event



Photos of the Event



Photos of the Event

Participation

In this venue IDY-2026 observance witnessed extensive participation:

Physical participation: 43

Physical participation: 57

Total 100 participants participated amongst Faculty members, Office Staff and Students enthusiastically to a grand success of the programme.

NETAJI NAGAR COLLEGE FOR WOMEN

170/13/1 N.S.C. BOSE ROAD, KOLKATA-700092
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Attendance Sheet for Faculty/Office Staff

Sl. No.	Name the Faculty/ Office Staff	Department /Office Staff	Signature
1	Prabir Nag	Librarian	PN Nag 21.06.26
2	Dr. Niranjana Taladar.	Assistant Prof.	NT 21/6/26
3	Dr. Muzhar Shami Ansong	Asst. prof. Education	MS 21.06.26
4	Patul Malla Chowdhury.	Asst. Prof. Physics	PM 21.6.26
5	DR. Moumit Roy Goswami	Associate Prof. in Environmental	MRG 21/6/26
6	Dr. ARJIT GHOSH.	ASST. PROF.	AG 21/06/2026. 06:20 AM
7	Dr. ANINDITA MAJUMDAR (ENNS)	S.A.C.T-1	AM 21.06.26
8	DR. BARSHA MAJUMDER.	S.A.C.T-I	BM 21/6/26
9	Dr. Souravi Basak	SACT-1	SB 21/6/26
10	ANUSUYA SARCAR	SACT-II	AS 21/6/26
11	Shalmi Das	SACT II	SD 21/6/2026
12	DEBLEENA SUR	SACT-I	DS 21/6/2026
13	DR LIPIKA DATTA	Associate Professor	LD 21.06.2026
14	ANINDITA MAJUMDAR.	Associate Prof. Dept of History	AM 21/6/26
15	MALAY MITRA	SACT-I Food & Nutrition	MM 21/06/2026
16	ASMITA BHATTACHARYA	SACT-I PHILOSOPHY	AB 21.06.26
17	Nowsad Shaikh	Film Studies	NS 21/6/26
18	Subhalakshmi Ganguly	Zoology	SG 21/6/2026
19	BIDISHA MAITY	FNT	BM 21.06.2026
20	BARUN KUMAR PAL	MATH	BK 21.06.2026
21	PRADIP THAKUR	PHS	PT 21/06/26
22	SUSMITA ROY	BOT	SR 21.06.26
23	Ritishi Mondal.	Asst Prof (PHY)	RM 21/6/26
24	Saminan Hone	Asst. Prof (Beng)	SH 21.06.26



Principal
Netaji Nagar College for Women
Regent Estate, Kol-92
21.6.2026

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Attendance Sheet for Faculty/Office Staff

Sl. No.	Name the Faculty/ Office Staff	Department /Office Staff	Signature
1	SABYASACHI BISWAS	SACT-11	S. Biswas 21.06.2026
2	Mousumi Biswas	Bengali	M Biswas 21.06.26
3	Mousumi Bandyopadhyay	Principal	M Biswas 21.6.2026
4	SHABANA HAYDAR	EDUCATION	S Haydar 21.6.26
5	MOUHITA SARKAR	SACT-II (BENG)	M Sarkar 21.06.26
6	Paulami Chakraborty	sact 2 (Beng)	P Chakraborty 21/06/26
7	Charu Chandra Haussa	Chemistry	Chandra 21/06/26
8	Gita Sharma	OFFICE	G Sharma 21.06.26
9	HESI DES	OFFICE	H DES. 21.06.26
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Charu Chandra Haussa 21.6.2026
Principal
Netaji Nagar College for Women
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Attendance Sheet for Students

Sl. No.	Name the Student	Semester	Signature
1	Mallika Purkayat	IV (B.se) mac	Mallika Purkayat
2	Daksha Banerjee	IV (B.se) mac	Daksha Banerjee
3	Munmun Maule	II (B.A) MDC	Munmun Maule
4	Shreyashi Saha	II B.A Hons.	Shreyashi Saha
5	Somasree Naskar	IV (BSC) MDC	Somasree Naskar
6	Pita Bag	II B.A (G)	Pita Bag
7	Priyanka Mondal	II B.A (Hons)	Priyanka Mondal
8	Tanushree Parua	IV B.A (H)	Tanushree Parua
9	Sambin Mondal	IV B.A (H)	Sambin Mondal
10	Neha Das.	II B.Sc (H)	Neha Das.
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N. Banerjee 21.6.2026
Principal
Netaji Nagar College for Women
Regent Estate, Kol-92

Conclusion

The event concluded with a vote of thanks delivered by **Sri Charu Chand Hansda, Nodal Teacher, NNCW**. He expressed gratitude to the Principal, yoga instructor, faculty members, organizing committee, non-teaching staff, and students for their wholehearted support and active participation. The celebration of International Day of Yoga (IDY) 2026 at Netaji Nagar College for Women proved to be a meaningful and enriching experience for all participants and contributed significantly to the promotion of health, wellness, and healthy ageing within the college community.
