



A WEBINAR ON
INTERNATIONAL
DAY OF **YOGA**



“YOGA AT HOME AND YOGA WITH FAMILY”

Organised By



ডায়মন্ড হারবার মহিলা বিশ্ববিদ্যালয়
Diamond Harbour Women's University

CELEBRATION ON: 25TH JUNE, 2020

TIME: 12.30 PM to 1.45 PM

Chief Patron: *Prof. Anuradha Mukhopadhyay,
Honourable Vice Chancellor, DHWU*

Speaker: *Mr. Pratap Santra, Yoga Instructor,
Dept. of Physical Education,
University of Kalyani*

Patron: *Dr. Sayeedur Rahman, Registrar, DHWU*

Convener: *Prof. Sujit Mandal, Dean of Science*

Joint Convener: *Dr. Tania Chakraverty,
Dean of Students' Welfare
Dr. Indrani Ghosh,
Department of Education*

Registration link <https://forms.gle/ufnrnj2VN3p3AYy167>

Web platform Zoom / Google Meet

For further details: jayantajumath@gmail.com

*Registration is free of cost. Last date for registration: 23.06.2020 till 5pm.
An e-certificate will be given for attending the webinar*



About the WEBINAR

The year 2020 marks the sixth edition of International Yoga Day celebrated annually on 21st June. Taking into consideration the ongoing coronavirus pandemic, the theme for this year's International Yoga Day is "Yoga at Home and Yoga with Family". Due to the contagious nature of COVID-19, no mass gathering would be advisable this year. Hence, this year the ministry is encouraging people to practice yoga at their homes, with participation from the entire family.

Diamond Harbour Women's University is organizing a Webinar on International Yoga Day 2020. Shri Pratap Santra, Yoga Instructor, Department of Physical Education, University of Kalyani, will speak on the importance of Yoga Day in the current Covid-19 situation, followed by a video/demonstration of Yoga. The Webinar will be held via Zoom/Google Meet. The Meeting ID, Password and other relevant links will be sent to all registered participants in due time.

About the UNIVERSITY

Diamond Harbour Women's University is the first women's University in East and North-East India established under the West Bengal Act XXXVII of 2012. The University, located at an hour's distance from the city of Kolkata, started its journey on 28th January, 2013, with the noble vision to enlighten the lives of the marginalized and deprived women students of South 24 Parganas and beyond with the light of higher education. At present the University has 14 academic departments under the Arts and Science faculties offering post graduate courses in all and M.Phil and Ph.D courses in some subjects. The objective is to function efficiently as a University providing teaching, training and research in various branches of learning so as to promote advancement of knowledge to enable the women students to meet the growing needs and challenges of the present and future society.

PROGRAMME SCHEDULE

12.30 - 1.00 pm	Inaugural Session Opening Song Inaugural Address by Prof. Anuradha Mukhopadhyay , Hon'ble Vice Chancellor, DHWU Welcome Address by Dr. Sayeedur Rahman , Registrar, DHWU Key-note Address by Prof. Sujit Mondal , Professor, Dean, Faculty of Science & Convener
1.00 - 1.30 pm	Speaker - Mr. Pratap Santra , Yoga Instructor, Dept. of Physical Education, University of Kalyani Topic: Perform Yoga at home to boost up immunity and fight against catastrophic COVID 19
1.30 - 1.40 pm	Yoga Demonstration
1.40 - 1.45 pm	Vote of Thanks by Dr. Tania Chakraverty , Dean of Students' Welfare, DHWU & Joint Convener

YOGA DAY COMMITTEE

Chief Patron:	Prof. Anuradha Mukhopadhyay , Honourable Vice Chancellor, DHWU
Patron:	Dr. Sayeedur Rahman , Registrar, DHWU
Convener:	Prof. Sujit Mandal , Dean of Science
Joint Convener:	Dr. Tania Chakraverty , Dean of Students' Welfare Dr. Indrani Ghosh , Department of Education
Members:	Dr. Jayanta Mandal , Department of Mathematics Dr. Sushmita Bhowmick , Department of Philosophy Somnath Sarkar , Department of Geography

All members of NSS Unit of the University are also included.

ALL ARE CORDIALLY INVITED