

### **Report of Celebration of Yoga Dibos:**

India is the land where yoga was born. In this crisis period of Covid-19, yoga is the ultimate weapon to fight this fatal disease both mentally and physically. The institute celebrated, using an online platform, the International Day of Yoga in collaboration with Sports Committee and Dptt. Of English, on 22nd June, 2020. Principal in charge, Dr. Chitra pal presided over the program. Dr. Anupam Guha, Convener, sports committee delivered the welcome address and explained the benefits of yoga. Dptt. of English made a short film named "Mantras of 2020" under the guidance of Smt. Gopa sarkar and Smt. Kalyani Roy -- Faculty Members of English Dptt. In this short film both teachers and students participated enthusiastically-- discussed the positive sides of lockdown, shared the message of optimism, demonstrated Yoga to keep the students busy in a constructive way under one umbrella but maintaining social distance. The students enjoyed the moments of online rehearsal & editing works till late night without vexation. The program was ended with Vote of Thanks by the Principal in charge Dr. Chitra Pal.