



## SILIGURI INSTITUTE OF TECHNOLOGY CULTURAL COMMITTEE

---

### **BRIEF REPORT OF INTERNATIONAL YOGA DAY CELEBRATION, 2021**

“Through practice comes Yoga, through Yoga comes knowledge, through knowledge love, and through love bliss” ----Swami Vivekananda.

Yoga is a physical, mental and spiritual practice which is originated from India. Lord Siva is considered to be the origin of yoga, he is the Adiyogi. It is an ancient meditative technique that creates a unity of body and mind, thought and action, restraint and fulfillment and also cleanses, heals and harmonises the body from the core. It is also a holistic approach to health and well-being. It helps to make the mind more peaceful and also stress free.

The International Yoga day is an annual event that has been celebrated on 21.06.2021 since 2015.

**Objective of the program:** The objective of the program is to create awareness about yoga and its benefits with some yoga practice.

**Outcome of the program:**

- Develop the habit of meditation.
- Create the awareness.
- Make to mind peaceful and stress free in all time.

*The program details are as below:*

***Title of program: International Yoga Day***

***Resource Organization: Siliguri Institute of Technology***

***Date: 21.06.2021***

***Time: 11.30 am***

***Venue: Digital Platform: (G-meet code: uuf-uhog-rez)***

***Resource Person:***

- ***Pankaj Bhagat, Secretary, Yoga Sports Association of Bengal, YIC and M.sc.in Yoga Science from Svyasa, Bangalore, Yoga Teacher certified by Ayush, Govt. of India, YCB, Level-2***
- ***Utsab Mohanta, Executive Member Yog sports Association of Bengal, State and National Champion.***

**Summary of the program:**

The following points can be noted from the program

- At the beginning of the program we welcomed our honorable guest and all participants.
- Introductory speech was given by Rajib Chetry, Convener of the Cultural Committee
- Dr. P.K.Advaryua director, SIT also enlightened the program by his valuable speech and he also

---

**Vision of the Institution**

To be a recognized institution offering high quality technical educational opportunities to students to become globally employable Engineers/Professionals in best ranked industries and research organisation.

**Mission of the Institution:**

To impart quality technical education for holistic development of students who will fulfill the needs of the industry/society and be actively engaged in making a successful career in industry/research/higher education in India & abroad.



## SILIGURI INSTITUTE OF TECHNOLOGY CULTURAL COMMITTEE

discussed about the benefits of Yoga in day to day life.

- Resource persons demonstrated the different poses of yoga and our students also practiced with them.
- Participants also demonstrated different Ashanas.
- Question and answer round also encouraged the participant and motivate them regarding the benefits and application of the Yoga.
- The list of registered participants as follows:

Name	Participant	Department
Pranali giri	Students	Information technology
Alok kumar	Students	CSE
Arghadip Bagchi	Students	IT
DIVYANGANA GANGULY	Students	CSE
Subhankar Maji	Students	Information Technology
Soumwadeep Guha	Students	Cse
Manjeet Sharma	Students	Computer science and Engineering
Aritra Saha	Students	CSE
Harsh Jha	Students	Btech it
Prashant Jha	Students	I. T
Shuvam naha	Students	Civil engineering
Dikshita Shah	Students	CSE B
Sayantani Chakraborty	Students	IT
INDRANIL ROY	Students	CSE
Anoushka Ghosh	Students	Computer Science and Engineering
Ronit kumar	Students	CSE
Amit Kumar	Students	CSE
Nabin Das	Students	C.S.E.
TRISA SENAPATI	Students	ECE
ABDUL JAMAL WAHID	Students	Cse
Priya Chakraborty	Students	EE
Akash kumar	Students	Information technology
Prasun Roy	Students	CSE-B
Mayank Shekhar	Students	Computer Science and Engineering
Nikhil Murmu	Students	CSE

Name	Participant	Department
Pawan Kumar Gupta	Students	CSE
Diya Sarkar	Students	CSE
Taniya Ghosh	Students	CSE
Bikiran Das	Faculty / Staff	DESH
SHWETA RASHI	Students	Information Technology
Sourodeep Goswami	Students	CE
Love Ojha	Students	Civil Engineering
Himanshu Kumar	Students	IT
Srishti Majumder	Students	Computer Science Engineering
Anirban Mazumder	Students	IT
Pushpita Nandy	Students	CE
Chayan Biswas	Students	B.tech in Civil Engineering
Nayan Kumar Sinha	Students	CSE
Mustafijur Rahaman	Students	IT
Rohan Mukherjee	Students	Cse
Sangeeta Sarkar	Students	Civil
Anshika Saha	Students	It
Saptarshi Roy	Students	CSE
Shweta Bhagat	Students	CSE
SAGNIK SAHA	Students	CSE
Rimni Chakravarty	Faculty / Staff	DESH
Rohan Jyoti Basu	Students	CSE
Simran Kumari	Students	CSE
Dr. Jayanta Dutta	Faculty / Staff	DESH
Dr. Samit Ghosh	Faculty / Staff	DESH

### Vision of the Institution

To be a recognized institution offering high quality technical educational opportunities to students to become globally employable Engineers/Professionals in best ranked industries and research organisation.

### Mission of the Institution:

To impart quality technical education for holistic development of students who will fulfill the needs of the industry/society and be actively engaged in making a successful career in industry/research/higher education in India & abroad.



## SILIGURI INSTITUTE OF TECHNOLOGY CULTURAL COMMITTEE

Swaraj Biswas	Students	Civil	Rounak Shaw	Students	CSE
Sourav Paul	Students	ECE	Abhinash kumar tiwari	Students	CSE
Rajeeb Chetri	Faculty / Staff	DESH	Gaurav Kumar	Students	Information technology
Souvik Goswami	Students	DESH ( CSE )	Dr. Susanta Kumar Saha	Faculty / Staff	DESH
Sonam Dargey Bhutia	Students	Electrical engineering	Payal rajbanshi (lateral)	Students	ECE
Rahul Gorai	Students	Information technology	Parna Das	Students	CSE
Piya Roy	Students	IT	SHIVAM TALUKDAR	Students	CSE
Manu Ray	Faculty / Staff	DESH	Rajen gupta	Students	IT
Sandipan Basu	Students	EE	Subhadeep Mukherjee	Students	Information technology
Sagar Debnath	Students	ECE	RITIKA MUKHERJEE	Students	computer science and engineering
MOUMITAPODDER	Students	Cse-B	Aabhash Jain	Students	CSE
Rahul Biswas	Students	Information Technology	Rajdeep Sarkar	Students	CSE
Alik Sarkar	Students	CSE B	AISHWARYA MAITRA	Students	ECE
Preetam Das	Students	Cse B	Parthib Bose	Students	Cse
Sayantana Ghosh	Students	Cse	Shiwani jha	Students	Cse
Aritra Saha	Students	Ece	Ms. Suvra Bhattacharjee	Faculty / Staff	Physics
Sourav Sikdar	Students	BTech CSE	Prashant Kumar	Students	CSE
Md Shams Tabrej Ansari	Students	Information Technology	Digbijay saha	Students	Civil engineering
Sagar prasad	Students	Information technology	Soumendu Golui	Faculty / Staff	Department of Engineering Sciences and Humanities
BENOY SARKAR	Faculty / Staff	DESH	Sumit Dhar	Students	CSE
Amit kumar	Students	ECE	Banani Adhikari Das	Faculty / Staff	DESH
BIRAJ GHOSH	Students	ECE	Aishwarya Dey	Students	CSE
Pranav Bhardwaj	Students	Electronics and communication Engineering	Kunal Pradhan	Students	CSE
Nikhil Agrawal	Students	Desh cse	VivekVikash Chakravarty	Students	Electronics and Communications Engineering
Rishabh Jain	Students	Information Technology	Deep Choudhury	Students	Information Technology
Pinaky Bhadury	Faculty / Staff	Department of Engineering sciences & Humanities	Bikash Kumar Singh	Students	Computer science engineering
Subhrajit Roy	Students	Electronics and communication engineering	Prittha Dutta	Students	Computer Science and Engineering
Rahul Kumar	Students	ECE	Priyajit Choudhury	Students	IT
SUBAM PRASAD	Students	IT	Sajal Santra	Students	CSE
			SAHIL THAPA	Students	ECE

### Vision of the Institution

To be a recognized institution offering high quality technical educational opportunities to students to become globally employable Engineers/Professionals in best ranked industries and research organisation.

### Mission of the Institution:

To impart quality technical education for holistic development of students who will fulfill the needs of the industry/society and be actively engaged in making a successful career in industry/research/higher education in India & abroad.



## SILIGURI INSTITUTE OF TECHNOLOGY CULTURAL COMMITTEE

sayantani sarkar	Students	Computer Science of Engineering	Leepika	Students	Computer Science and Engineering
Priti Sahani	Students	CSE	Sayantani Deb	Students	Computer science and engineering
Debargho Kundu	Students	Bachelor of Business Administration (BBA)	Rajarshi Roy	Students	B.Tech CSE
Rupantar Chakraborty	Students	IT	Urjaswee Chatterjee	Students	CSE
Soumili Rooj	Students	IT	Gaddar Kumar Chaudhary	Students	CSE
Sirshendu Ghosh	Students	IT	Bishnu Roy	Students	Electrical Engineering
Harsh Sharma	Students	Information technology	Danish Das	Students	EE
Debalina Raha	Faculty / Staff	Department of Engineering sciences and Humanities	Bappa Saha	Students	Electrical
Sandeep Bhowmik	Students	Information Technology	Divya Brahma	Students	EE
Saikat Chandra	Students	ECE	Rohini Singh	Students	Electrical Engineering
Piyush Ranjan	Students	IT	Shubhadip Paul	Students	IT
Susanta Dey	Students	Information Technology	Sourav Das	Students	Electrical engineering
Rajdeep Saha	Students	Cse	Sayan Bhowmick	Students	EE
Ankush Dhar	Students	IT	Samaeeta Bhowmik	Students	Electrical Engineering
Agniva Sengupta	Students	CSE	Rakhiparna Roy	Students	Electrical Engineering
Ashutosh Kumar Sinha	Students	CSE B	Anirban Roy	Students	Electrical Engineering
Shubham Divyanshu	Students	IT	Shaqlin Ahmed	Students	Electrical engineering
Rishika Sharma	Students	IT	Arnab saha	Students	CSE
Sumana Dey	Students	ECE	Kingshuk Barma	Students	IT
Pratham Rai	Students	Information Technology	Anima sen	Students	2nd year
Rohit Saha	Students	IT	Debtanu Podder	Students	ECE
Sharvanu Dasgupta	Students	CSE	Souradip Das	Students	EE
Debajit Sengupta	Students	CSE	Ratna Tshering lepcha	Students	Electrical engineering
Tamosa Mondal	Students	IT	Piya Mohanta	Students	Electrical Engineering
Dipesh Das	Students	IT	JAYSHREE BARMAN	Students	Electrical Engineering
Satish Kumar	Students	CSE	Komal kumari	Students	EE
Mayuree Das	Students	Computer Science and Engineering (CSE)	Mohd Kaunain Akhtar	Students	Information Technology
Subhranil Sarkar	Students	ECE	Mujahid Alam	Students	Electrical engineering
Shreya Roy	Students	CSE	Uday Saha	Students	IT
Ashif Iqbal	Students	Civil engineering	Aditya	Students	Electronics and communication
Rohan Barick	Students	IT	Abhishek chaurasia	Students	Electrical Engineering
Arpan Dutta	Students	ECE			

### Vision of the Institution

To be a recognized institution offering high quality technical educational opportunities to students to become globally employable Engineers/Professionals in best ranked industries and research organisation.

### Mission of the Institution:


To impart quality technical education for holistic development of students who will fulfill the needs of the industry/society and be actively engaged in making a successful career in industry/research/higher education in India & abroad.



## SILIGURI INSTITUTE OF TECHNOLOGY CULTURAL COMMITTEE

Divyam Mishra	Students	Information technology			Communication Engineering)
SRIJANA SUBBA	Students	Electrical			
Trinankur Atarhi	Students	CSE	Aman Mathur	Students	CSE 'A'
Neha Datta	Students	CSE	Souptik Acharya	Students	Information Technology
Ajay Shil	Students	CSE	Abinash Chhetri	Students	IT
Mehnaz Yeasmin	Students	CSE B	Pratik roy	Students	Electrical engineering
Didhiti Raj Chakraborty	Students	Computer Science and Engineering	Bishal Das	Students	IT
ADITYA GUPTA	Students	ELECTRONICS AND COMMUNICATION ENGINEERING	Avik Majumder	Students	EE
Nisha Tirkey	Students	Civil engineering	ARIT MAJUMDER	Students	Computer Science and Engineering
AKSHAY KUMAR BASUNIA	Students	B.tech Civil	DEWASHIS PRADHAN	Students	Electrical engineering
Atul Krishna Gupta	Students	IT	Payel Das	Students	Electrical Engineering
Parthib Roy	Students	ELECTRONICS AND COMMUNICATION	Gourab Deb	Students	CSE
Twinkle Saha	Students	CSE	Swarna Shikhar Das	Students	CSE B
Nikita Kundu	Students	Computer Science and Engineering	Shreshtha das	Students	cSE
Saroj Kumar Gouda	Students	EE	SATYAKI SINHA	Students	ECE
saptaparna Goswami	Students	ECE	Subhankar Saha	Students	Cse
Sourav Bhowmik	Students	Cse	Keshav Kumar	Students	CSE
Surabhi Saha	Students	CSE	Priyangshu Sarkar	Students	D.E.S.H.
Riya Kundu	Students	ECE	Kundan Kumar	Students	CSE
Tina Dalai	Students	E. C. E(Electronics and	Shrijit Das	Students	ECE
			Amit Bhagat	Students	Computer Science and Engineering
			Soumitra Pal	Students	ECE
			Priyatosh Nandy	Students	IT
			Purabi Das	Students	CSE
			Chinmoy Biswas	Students	CSE

➤ The program was ended by vote of thanks given by our students.

  
Director  
Siliguri Institute of technology

  
Jt. Convener  
Cultural Committee

### Vision of the Institution

To be a recognized institution offering high quality technical educational opportunities to students to become globally employable Engineers/Professionals in best ranked industries and research organisation.

### Mission of the Institution:

To impart quality technical education for holistic development of students who will fulfill the needs of the industry/society and be actively engaged in making a successful career in industry/research/higher education in India & abroad.





## SILIGURI INSTITUTE OF TECHNOLOGY CULTURAL COMMITTEE

Flex of celebration of International Yoga day-2021

**Siliguri Institute of Technology**  
In Association with  
**Yog Sports Association of Bengal**



**Celebrating**  
**International Yoga Day**



**PANKAJ BHAGAT**  
**SECRETARY**  
YOG SPORTS ASSOCIATION OF BENGAL



**UTSAB MOHANTA**  
**EXECUTIVE MEMBER**  
YOG SPORTS ASSOCIATION OF BENGAL



**Scan**  
&  
Register for the event



**11:30**  
AM

<https://forms.gle/LyR8bmcteqQtCgvT8>

### Vision of the Institution

To be a recognized institution offering high quality technical educational opportunities to students to become globally employable Engineers/Professionals in best ranked industries and research organisation.

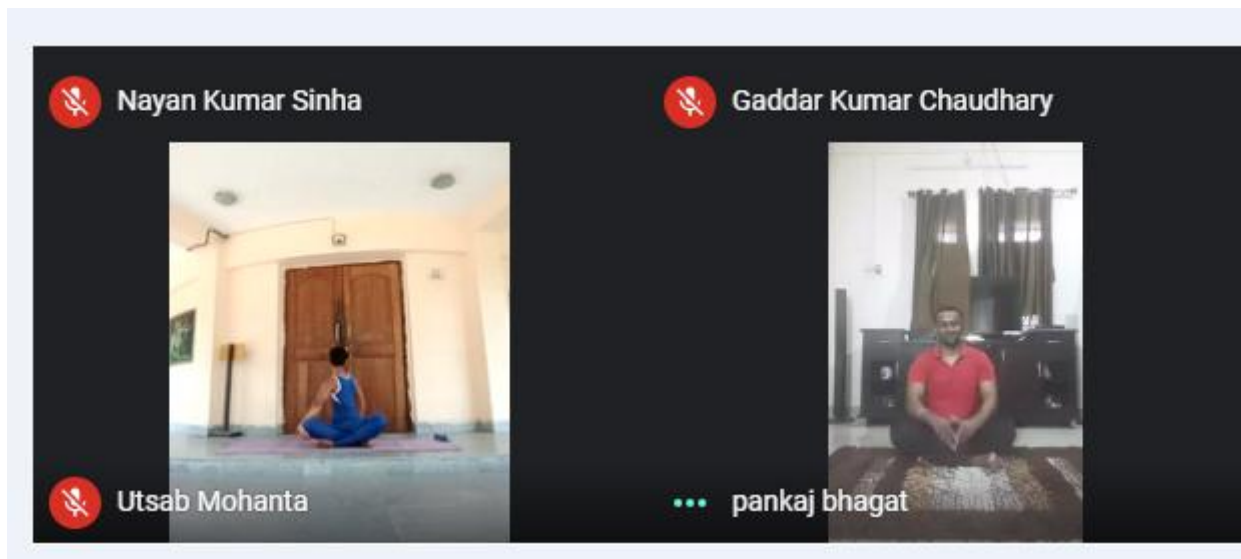
### Mission of the Institution:

To impart quality technical education for holistic development of students who will fulfill the needs of the industry/society and be actively engaged in making a successful career in industry/research/higher education in India & abroad.



# SILIGURI INSTITUTE OF TECHNOLOGY CULTURAL COMMITTEE

## Some Glimpses of celebration of *International Yoga day-2021*



### **Vision of the Institution**

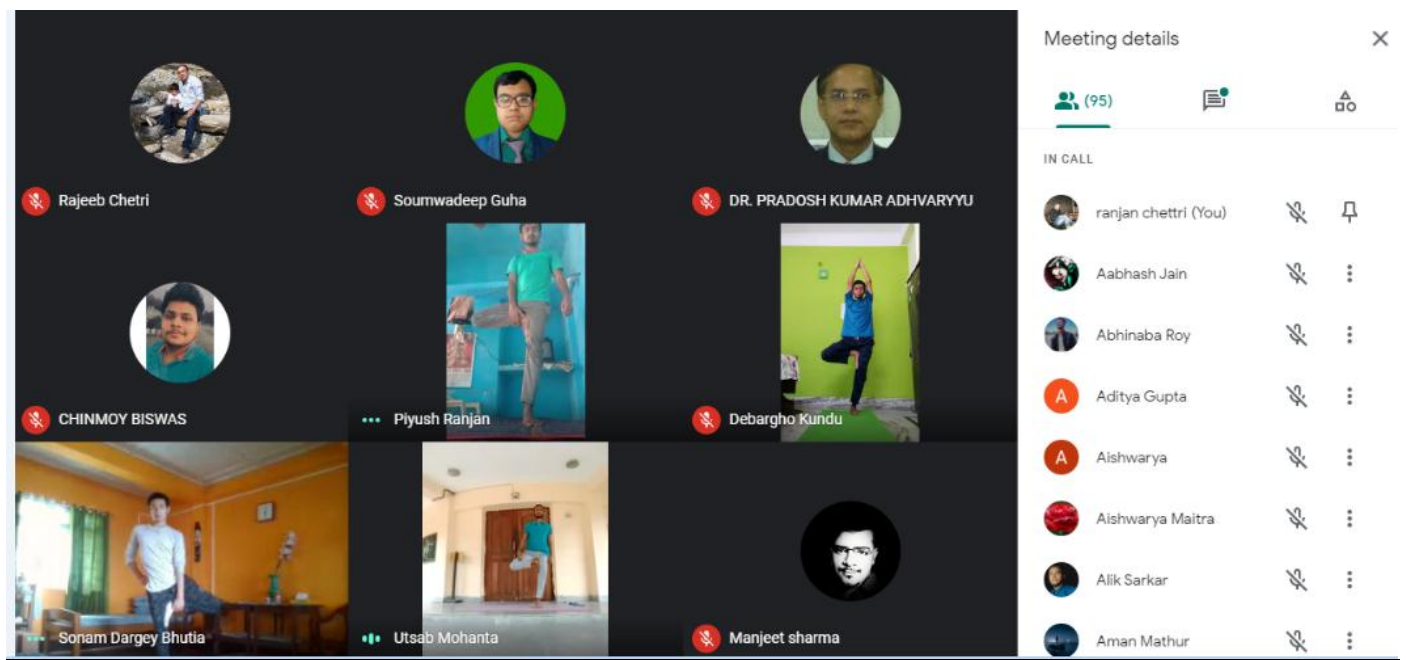
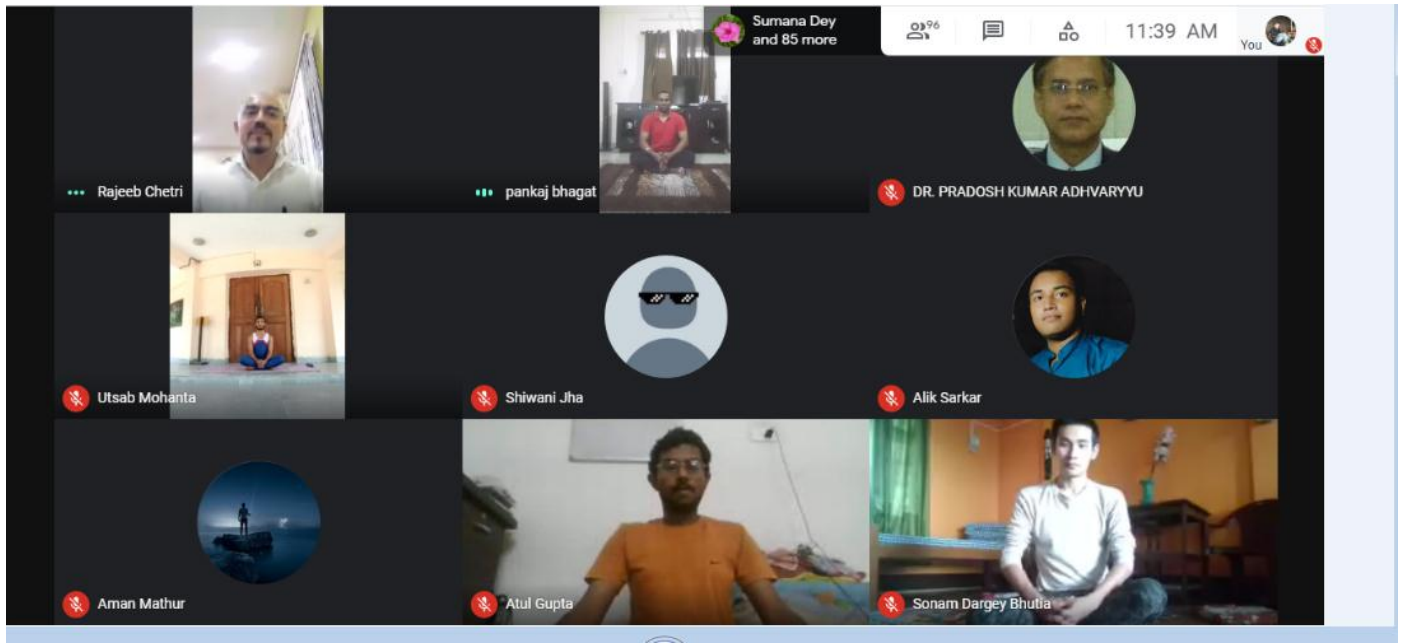
To be a recognized institution offering high quality technical educational opportunities to students to become globally employable Engineers/Professionals in best ranked industries and research organisation.

### **Mission of the Institution:**

To impart quality technical education for holistic development of students who will fulfill the needs of the industry/society and be actively engaged in making a successful career in industry/research/higher education in India & abroad.



# SILIGURI INSTITUTE OF TECHNOLOGY CULTURAL COMMITTEE



## Vision of the Institution

To be a recognized institution offering high quality technical educational opportunities to students to become globally employable Engineers/Professionals in best ranked industries and research organisation.

## Mission of the Institution:

To impart quality technical education for holistic development of students who will fulfill the needs of the industry/society and be actively engaged in making a successful career in industry/research/higher education in India & abroad.





### **Vision of the Institution**

To be a recognized institution offering high quality technical educational opportunities to students to become globally employable Engineers/Professionals in best ranked industries and research organisation.

### **Mission of the Institution:**

To impart quality technical education for holistic development of students who will fulfill the needs of the industry/society and be actively engaged in making a successful career in industry/research/higher education in India & abroad.



---

**Vision of the Institution**

To be a recognized institution offering high quality technical educational opportunities to students to become globally employable Engineers/Professionals in best ranked industries and research organisation.

**Mission of the Institution:**

To impart quality technical education for holistic development of students who will fulfill the needs of the industry/society and be actively engaged in making a successful career in industry/research/higher education in India & abroad.



# **SILIGURI INSTITUTE OF TECHNOLOGY CULTURAL COMMITTEE**

---

---

## **Vision of the Institution**

To be a recognized institution offering high quality technical educational opportunities to students to become globally employable Engineers/Professionals in best ranked industries and research organisation.

## **Mission of the Institution:**

To impart quality technical education for holistic development of students who will fulfill the needs of the industry/society and be actively engaged in making a successful career in industry/research/higher education in India & abroad.