

YOGA DAY

September 11, 2025



Breathe, Stretch, Connect.
Embrace the Calm Within.



ASMI
BUSINESS SCHOOL
MANAGING A BETTER WORLD



TECHNO INDIA UNIVERSITY
WEST BENGAL



Yoga Day

Schedule for Yoga Practice Session

11 September 2025

Batch 1 (10.15 am - 11.30 am) & **Batch 2** (11.45 am - 01.00 pm)

- **Opening Prayer** (Om Sahana Vabatu.....)
- **Basic Joint Movements and Stretching Exercises**
- **Vedic Suryanamaskara**
- **Asanas from Common Yoga Protocol, Ministry of AYUSH.**
 - ***Standing asana:*** Tadasana, Brikshasana, Ardha Chakrasana, Trikonasana,
 - ***Sitting asana:*** Bhadrasana, Ardha Ustrasana, Shashakasana, Uttan Mandukasana, Vakrasana
 - ***Supine asana:*** Setubandhasana, Uttanpadasana, Ardha Halasana
 - ***Prone asana:*** Makarasana, Bhujangasana, Salabhasana
 - ***Relaxing asana:*** Savasana
- **Breathing exercises and Pranayama from Common Yoga Protocol, Ministry of AYUSH.**
 - Yogic Deep Breathing
 - Nadi Shodhana
 - Bhramari Pranayama
- **Closing Prayer** (OM Sarve Bhavantu Sukhinah...)

Report on Half-Day Workshop: “Yoga Day – Breathe, Stretch, Connect: Embrace the Calm Within”

A Half-Day Workshop titled “Yoga Day – Breathe, Stretch, Connect: Embrace the Calm Within” was successfully organized on 11th September 2025 at ASMI Business School, of Techno India Group, New Town, Kolkata. The event was jointly facilitated by the Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI), Belur Math, Howrah, and the faculty of ASMI Business School. The primary objective of the workshop was to promote awareness about the benefits of yoga as a holistic discipline for improving physical, mental, and emotional well-being among management students.



A total of around 100 students from the 2nd and 4th semesters of the Bachelor of Business Administration (BBA) program enthusiastically participated in the workshop. The session was designed to provide both theoretical insights and practical exposure to fundamental yogic techniques that can be integrated into everyday life to enhance concentration, reduce stress, and develop overall mindfulness. The program commenced with the Lighting of the Lamp Ceremony, symbolizing the dispelling of ignorance and the illumination of knowledge. The lamp was lit by the students of M.Sc. Yoga from the Department of Sports Science and Yoga, RKMVERI,

along with Prof. Sanjay Saha, Faculty of ASMI Business School. The lighting ceremony set a calm and auspicious tone for the event.

The yoga session was conducted in two batches to allow for better interaction and active participation from all attendees. The session began with a brief introduction to the Concept of Yoga and its role in daily life, highlighting yoga's contribution to maintaining harmony between body, mind, and spirit. Following this, participants were introduced to the Common Yoga Protocol (CYP) developed by the Ministry of AYUSH, Government of India. The session started with the opening prayer, including the universal peace chant “Om Sahana Vavatu”, creating a collective atmosphere of peace and receptivity. Next, Mr. Dip Narayan Tah led a session on basic joint movements, which included exercises for the neck, shoulders, arms, spine, knees, and ankles. Also, he explained the precautions, contraindications, and health benefits associated with each movement, emphasizing their importance in preparing the body for deeper yoga practices.



After the preparatory movements, four rounds of Vedic Suryanamaskar were demonstrated and practiced under the guidance of Mr. Subarna Mondal. The participants were guided through the sequence with emphasis on breath awareness and alignment. The practice helped in energizing the body and bringing mental focus and synchronization between body and breath. The asana practice session followed, beginning with standing postures, which included Tadasana, Vrikshasana, Ardha Chakrasana, Padahastasana, and Trikonasana, instructed by Mr. Dip Narayan Tah. He explained the health benefits, precautions, contraindications and offered tips for safe practice, particularly for beginners and intermediate practitioners.





The session then progressed to sitting postures, such as Bhadrasana, Ardha Ustrasana, Shashakasana, Uttan Mandukasana, and Vakrasana, which were demonstrated and instructed by Mr. Bisal Somaddar. These postures emphasized spinal flexibility, hip opening, and relaxation of the lower body. Further, supine postures (Setubandhasana, Uttanpadasana, and Ardha Halasana) and prone postures (Makarasana, Bhujangasana, and Salabhasana) were taught by Mr. Suranjan Dhara and Mr. Subarna Mondal. Each asana was explained with proper technique, physiological benefits, and the correct method of relaxation to prevent fatigue or strain.

After completing the asana practice, Mr. Tanvir Aditya concluded batch 1 and 2 with a calming sequence of Yogic Deep Breathing, Nadi Shodhana Pranayama, and Bhramari Pranayama. These pranayama techniques helped participants regulate their breathing, reduce stress, and experience inner tranquility. The session concluded with the closing prayer, “Sarve Bhavantu Sukhinah”, wishing peace, health, and happiness for all beings.



At the end of the workshop, the esteemed organization felicitated each of the participating students, acknowledging their active involvement and enthusiasm. This gesture of appreciation created a sense of encouragement and motivation among the participants to continue their yoga practice in daily life.