



Compliance Report on the Observance of International Yoga Day 2026

Organized by: NSS Unit–I, A.P.C. Roy Government College, Matigara, Himachal Vihar

Date: 21 June 2026

Time: 6:00 A.M. – 7:30 A.M.

Venue: A.P.C. Roy Government College Campus

Number of Participants: 53

Introduction

In observance of International Yoga Day 2026, NSS Unit–I of A.P.C. Roy Government College successfully organized a yoga programme on 21 June 2026 from 6:00 A.M. to 7:30 A.M. The event aimed to promote physical well-being, mental health, and awareness about the importance of yoga as a holistic way of life among students, faculty members, and NSS volunteers.

The programme witnessed the enthusiastic participation of 53 participants, reflecting the growing awareness and interest in healthy living through yoga.

The yoga session was conducted under the expert guidance of Ms. Ankita Das, a Certified Yoga Instructor accredited by the West Bengal Council of Yoga and Naturopathy, Kolkata. Her systematic instruction and demonstration enabled participants to perform the various yogic practices effectively and safely.


Programme Schedule

1. Welcome Address by the OIC, NSS Unit–I

The Officer-in-Charge welcomed all participants and highlighted the significance of International Yoga Day and the role of yoga in maintaining a balanced and healthy lifestyle.

2. Felicitation of the Yoga Instructor Ms. Ankita Das was felicitated by the NSS Unit in recognition of her valuable contribution and guidance for the successful conduct of the programme.




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A.P.C. ROY GOVT. COLLEGE
Siliguri



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ACHARYA PRAFULLA CHANDRA ROY GOVERNMENT COLLEGE
HIMACHAL VIHAR, MATIGARA, SILIGURI, DARJEELING

Email Address:- apcrgc@apcrgc.org, website: www.apcrgc.org

3. Yoga Session as per the Common Yoga Protocol

The participants practiced yoga following the Common Yoga Protocol, which included prayer, loosening exercises, standing postures, sitting postures, prone and supine postures, breathing techniques (Pranayama), meditation, and relaxation exercises. The instructor emphasized correct posture, breathing, and mindfulness throughout the session.

4. Vote of Thanks

The programme concluded with a formal vote of thanks, expressing gratitude to the yoga instructor, participants, faculty members, NSS volunteers, and all those who contributed to the successful organization of the event.

Outcome

The observance of International Yoga Day 2026 was conducted smoothly and successfully. The programme encouraged participants to adopt yoga as a regular practice for enhancing physical fitness, mental peace, and overall well-being. The event also reinforced the NSS motto of community welfare through awareness and healthy living initiatives.




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INTERNATIONAL YOGA DAY CELEBRATION
21st June, 2026

"Yoga For Healthy Ageing"

Organised by
NSS, UNIT - 1
APC ROY GOVERNMENT COLLEGE
Himanchal Vihar, Matigara, Siliguri 734010, District: Darjeeling, West Bengal

GPS Map Camera

Siliguri, West Bengal, India 🇮🇳
P9jq+c39 Himachal Vihar, Cpwd Residential Complex, Near Apc Roy College, Uttorayon Twp, Matigara, Siliguri, West Bengal 734010, India
Lat 26.730757° Long 88.387904°
Sunday, 21/06/2026 08:36 AM GMT +05:30



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Siliguri



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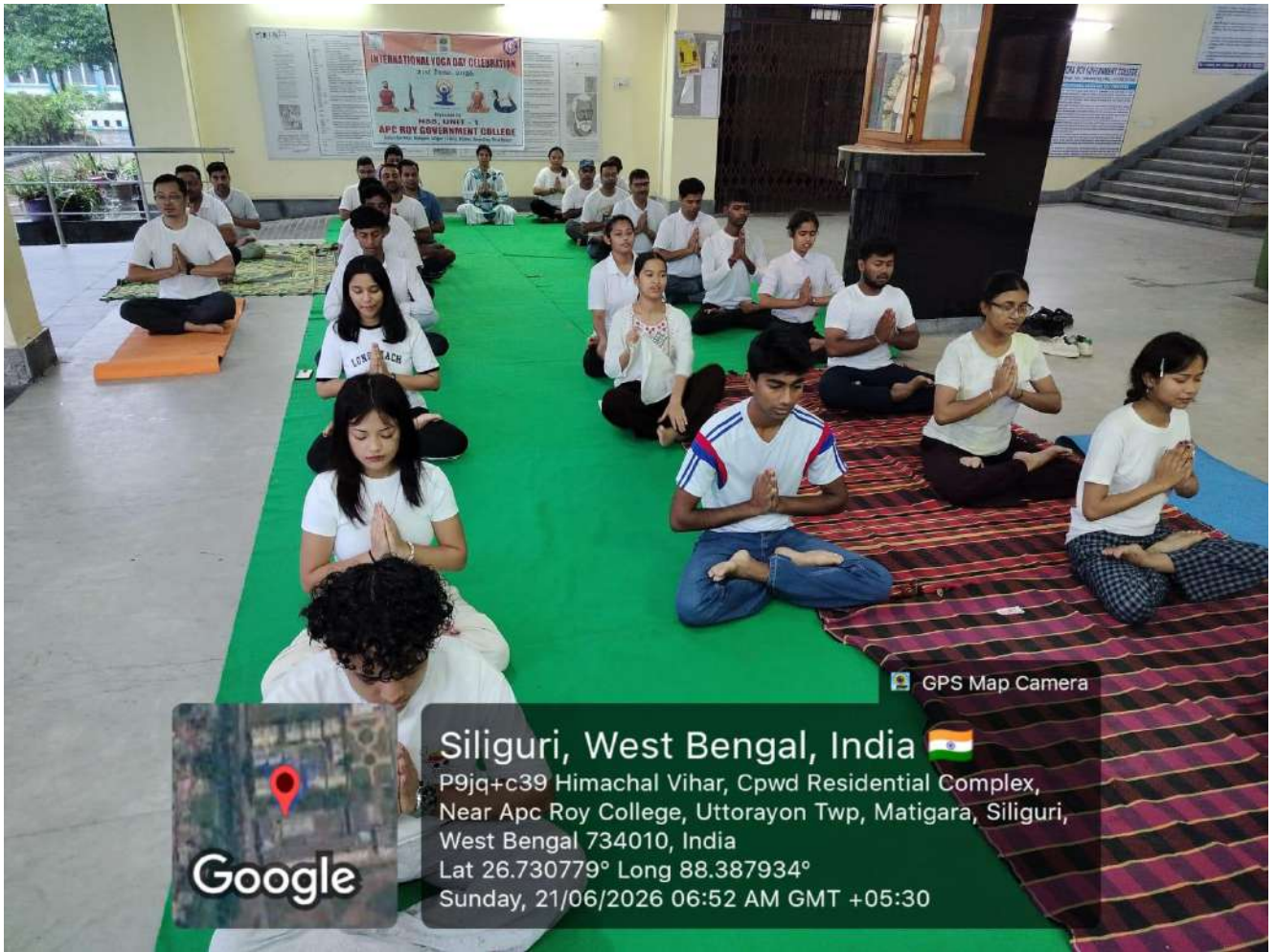
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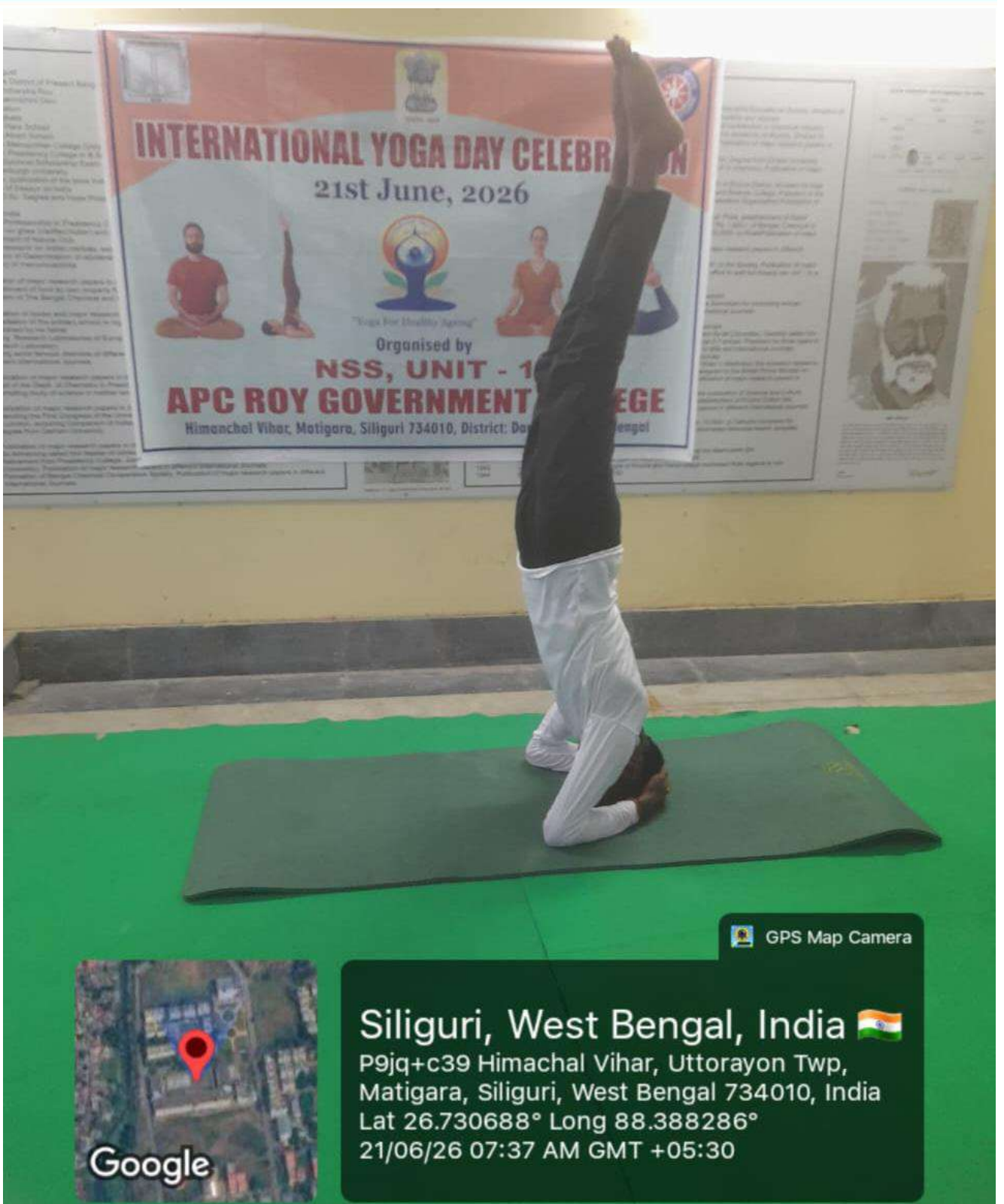
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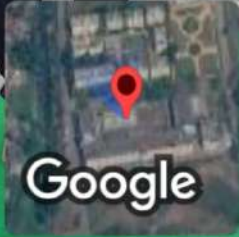
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GPS Map Camera



Siliguri, West Bengal, India 🇮🇳

P9jq+c39 Himachal Vihar, Cpwd Residential Complex,
Near Apc Roy College, Uttarayan Twp, Matigara, Siliguri,
West Bengal 734010, India

Lat 26.730688° Long 88.388116°

Sunday, 21/06/2026 06:47 AM GMT +05:30




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 APC ROY GOVT. COLLEGE
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International Yoga day

Attendance Sheet (Dated: 21/06/2026)

Venue: Acharya Prafulla Chandra Roy Government College, Siliguri

S/N	Name (in Block Letters)	Department	Full Signature
1	Ritika Roy	Botany	Ritika Roy
2	Debarshi Singha	Botany	Debarshi Singha
3	Subhadip Sarmah	Botany	Subhadip Sarmah
4	Aman Tamang	Botany	Aman Tamang
5	KRITI RAI	Botany	Kriti Rai
6	JOHAN KUMAR JHA	Physics	Johan K. Jha 21/6/26
7	SUBHADEEP SAHA	Chemistry	Subhadip Saha 21/06/26
8	NABANITA PAUL	Chemistry	N. Paul 21/06/26
9	LHAMU T. BHUTIA	Political science	L. Bhutia 21/06/26
10	LAKHU TAMANG	Sociology	Lakhu Tamang
11	Khairulnisa Nehsia	Sociology	Khairulnisa Nehsia
12	SANGJTI TAMANG	Political Science	Sangji Tamang
13	DRISHTI KARMAKAR	Political science	D. Karmakar
14	PREETY GURUNG	Political science	Preety Gurung
15	NIKHIL CHETTRI	PHYSICS	Nikhil Chetri
16	Kajal Roy	Sociology	Kajal Roy
17	SAMUEL SINGH	Sociology	Samuel Singh
18	Ayush Rai	Sociology	Ayush Rai
19	Reeya Sankar	Sociology	Reeya Sankar
20	Bidyut Basman	Political science	Bidyut Basman
21	Riyanki Sinha	Political science	Riyanki Sinha
22	Medhawi Upadhyaya	Sociology	Medhawi Upadhyaya
23	ROSHNI SAIBHA	Sociology	R. Saibha 21/06/26
24	Sk Ibrahim Raza	Pol. science	Sk Ibrahim Raza
25	Najis Kap	Political Sci.	Najis Kap
26	SNEHA DAS	Pol. Science	Sneha Das
27	Bikash Thakur	Sociology	Bikash Thakur
28	SATHI PAUL	SOCIology	Sathi Paul
29	BILKISH KHATOON	Pol. science	Bilkish Khatoon
30	Sneha Das	Sociology	Sneha Das
31	SANA DAS	Sociology	Sana Das
32	SNEHA DAS	Sociology	Sneha Das
33	AYARINA BOSE	Political science	Ayarina Bose
34	Anjali Singh	pol. Sci	Anjali Singh
35	Twinkle Paul	Pol. Sc.	Twinkle Paul
36	Anamika Samang	Pol. Sc	Anamika Samang
37	Aakancha Kumari	Pol. Sc	Aakancha Kumari
38	Allen Sarmah Bora	Sociology	Allen Sarmah
39	JKD	Sociology	JKD
40	Laxmi Nait	Sociology	Laxmi N.
41	Dipankar Chakraborty	Sociology	Dipankar
42	Bishwaskee Chandra	Sociology	Bishwaskee
43	Moumi Roy	Sociology	moumi Roy
44	Kusum Prasad	English	Kusum Prasad



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श्री नरेन्द्र मोदी
माननीय प्रधानमंत्री



योग संगम पत्र

प्रमाणित किया जाता है कि

Acharya Prafulla Chandra Roy Government College

ने 21 जून, 2026 को अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में योग संगम कार्यक्रम का आयोजन किया।

यह कार्यक्रम Himanchal Vihar-734010 में आयोजित किया गया, जिसमें 53 लोगों ने भाग लिया।

यह भी प्रमाणित किया जाता है कि यह कार्यक्रम कोलकाता, पश्चिम बंगाल में

माननीय प्रधानमंत्री के नेतृत्व में आयोजित अंतरराष्ट्रीय योग दिवस 2026 के राष्ट्रीय कार्यक्रम के

अनुरूप और एक ही समय पर आयोजित किया गया।

प्रतापराव जाधव

केंद्रीय राज्य मंत्री (स्वतंत्र प्रभार), आयुष मंत्रालय एवं
राज्य मंत्री, स्वास्थ्य एवं परिवार कल्याण मंत्रालय

दिनांक: 21 जून, 2026

नई दिल्ली



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Ministry of
Ayush
Government of India



Shri Narendra Modi
Hon'ble Prime Minister



YOGA SANGAM PATRA

This is to certify that

M/s Ankita Das

organized Yoga Sangam event to mark the International Day of Yoga on 21st June, 2026.

The event was organized

at A.P.C Roy Govt College and had the participation of ⁵³ people.

It is also to certify that this event was held simultaneously and in harmony with the national event of International Day of Yoga 2026, led by the Hon'ble Prime Minister at Kolkata, West Bengal.

Prataprao Jadhav

Union Minister of State (IC), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June, 2026
New Delhi



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Ministry of
Ayush
Government of India



Shri Narendra Modi
Hon'ble Prime Minister



YOGA SANGAM PATRA

This is to certify that

M/s Hrishabh Jaiswal

organized Yoga Sangam event to mark the International Day of Yoga on 21st June, 2026.

The event was organized

at A.P.C Roy Govt College and had the participation of ⁵³ people.

It is also to certify that this event was held simultaneously and in harmony with the national event of International Day of Yoga 2026, led by the Hon'ble Prime Minister at Kolkata, West Bengal.

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