

Dr. Sudhir Chandra Sur Institute of Technology and Sports Complex



SurTech

(Formerly Known as Dr. Sudhir Chandra Sur Degree Engineering College)

540, DumDum Road, Surer Math (Near Dum Dum Jn. Station), Kolkata-700074

Phone: +91 22 25603889, 25603898, 65330375

Website: www.surtech.edu.in; Email: info@dsec.ac.in

Report on Yoga Sessions on the Theme “Karo Yog, Raho Nirog”

Organized by

Organised by: Community Connect (NSS and NCC) Club in collaboration with Yoga & Meditation Club

In Association With: Mahila Patanjali Yog Samiti, Kolkata

Event Report: Yoga Sessions on the Theme “Karo Yog, Raho Nirog”

Date: 7th August, 2025

Venue: Gym & Yoga Room (Room No. 206), Dr. Sudhir Chandra Sur Institute of Technology and Sports Complex, DumDum

Organised by: Community Connect (NSS and NCC) Club in collaboration with Yoga & Meditation Club

In Association With: Mahila Patanjali Yog Samiti, Kolkata

Objective of the event: “Yoga is not just exercise, it is a way to discover the sense of oneness with yourself, the world and nature.” – Narendra Modi

The objective of this session reflected the collective effort and enthusiasm of the SurTech community, aligning perfectly with the vision of building a healthier and more mindful society.

As part of the institute’s ongoing commitment to the health and well-being of its community,

The sessions took place at the Gym & Yoga Room (Room No. 206) within the college premises.

This initiative was a joint effort by the Community Connect Club (NSS and NCC Units) and the Yoga & Meditation Club of the college, in association with Mahila Patanjali Yog Samiti, Kolkata. The event aimed at spreading awareness about the physical, mental, and emotional benefits of incorporating yoga into daily life.

Highlights of the Event:

- The session began with a brief introduction to the significance of yoga in promoting holistic health.
- Certified yoga instructors from Mahila Patanjali Yog Samiti led the sessions, guiding participants through various asanas, pranayama, and meditation techniques.
- Students and staff members participated enthusiastically, experiencing firsthand the calming and revitalizing effects of yoga practice.
- The instructors also addressed the importance of consistent practice and how yoga contributes to a disease-free, stress-free lifestyle.

The event concluded with a vote of thanks to the instructors and participants, encouraging everyone to integrate yoga into their daily routine to lead a balanced and healthy life.

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Banner of the event Yoga Sessions on the Theme “Karo Yog, Raho Nirog”



Pic. of the event Yoga Sessions on the Theme “Karo Yog, Raho Nirog”