

INTERATIONAL YOGA DAY CELEBRATION
YOGA LIVE STREAM ON YOU TUBE
ORGANIZED BY
MINISTRY OF AYUSH AND HABUILD
PARTICIPATED BY
NSS VOLUNTEERS OF UNIVERSITY B.T.& EVENING COLLEGE
COOCH BEHAR

As part of the Yoga 365 Initiative leading up to International Day of Yoga 2026, the Ministry of Ayush through MDNIY - Morarji Desai National Institute of Yoga partnered with Habuild to run a free 14-day online yoga programme.

Har Ghar Yoga



About the Initiative

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The goal

make yoga accessible, simple, and practical for all citizens ahead of 21 June 2026. Sessions included Core & Laughter Yoga, Light Yoga & Breathing, and other beginner-friendly practices

The online format allowed NSS volunteers from University BT & Evening College, Cooch Behar to participate without travel, while still contributing to the national movement. The certificates and outreach helped strengthen student engagement in wellness activities under NSS.



participated in this online streaming. As part of NSS community outreach, volunteers joined the live YouTube sessions from home/college and helped spread awareness about the Ministry of Ayush x Habuild initiative among students and local community. Their participation aligned with the national call to promote Yoga for All and *Har Ghar Yoga Har Din Hoga*.





LIST OF THE PARTICIPANTS

SAGAR SARKAR		* PAYEL GHOSH
* RIYA BASAK		* SUMANA ROY
* SNEHA ROY		* KANKA SARKAR
* RINIKT TA ROY		* NANDINI SARKAR
* MOUMITA HORE		* JOYEETA BARMAN
* SHILPA DEY		* PAYEL GHOSH
* JOY KUMAR ROY		* RESMI DEY SARKAR
* PRIYANKA KUNDU		* PRITAM DAS
* ANURAG ROY		* JAYEETA ROY
* SUSMITA CHANDA		* KANKA SARKAR
* TANMAY BASUNIA		* SUSMITA CHANDA
* JOYEETA BARMAN		* BHARGAV CHAKRABORTY
* AMIT KUMAR DAS		* SUSRITA DEY
* KANCHAN CHANDRA BARMAN		* SUBHAMOY ROY
* MOUMITA BARMAN		* SANJAY NUNIYA
* PRIYA DAS		* SHREEYA SINHA
* PRIYANKA KUNDU		* BEAUTI RAY
* ANYESHA HORE		* PANCHAMI BASUNIA
* MANDIRA GHOSH		* SUJATA DAS
* MD AMIR HOSSAIN		* SUPARNA ROY
* ANNESHA PAUL		* MANDIRA GHOSH
* JAYETA RAY		* KANCHAN CHANDRA BARMAN
* SHREEYA SINHA		* JOY KUMAR ROY
* NANDINI SARKAR		* BISAL ROY
* EJINA BANU		



CONCLUSION

The online format allowed NSS volunteers from University BT & Evening College, Cooch Behar to participate without travel, while still contributing to the national movement. The certificates and outreach helped strengthen student engagement in wellness activities under NSS.