



# CHITTARANJAN COLLEGE

(GOVT. AIDED)

Affiliated to University of Calcutta

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NAAC Accredited

Ref. No.CRC/YOGA/1-2026

Date: 19/06/2026

## INTERNATIONAL DAY OF YOGA

21<sup>st</sup> June, 2026

<i>Common Yoga Protocol Mentored by Dr Shib Pada Patra, Associate Professor in Commerce</i>				
STEP-I	Prayer	07:00 AM – 07:03 AM (3 mins)	[1]	Padmasana/ Suḷāsana with OM Chanting
STEP-II	Loosening Exercises	07:03 AM – 07:09 AM (6 mins)	[1] [2] [3] [4] [5]	Shoulder Stretch Shoulder Rotation Trunk Movement Waist Rotation Knee Movement
STEP-III	Yogasanas (Postures)	07:09 AM – 07:23 AM (14 mins)	[1] [2] [3] [4] [5] [6] [7] [8]	TĀDĀSANA (Palm Tree Posture) VRĪ ŚĀSANA (The Tree Posture) ARDHA ÇĀ KRĀSANA (The Half Wheel Posture) BHUJANGĀSANA (The Cobra Posture) ŚĀLABHĀSANA (The Locust Posture) PAVANAMUKTĀSANA (The Wind Releasing Posture) ŚĒTUBANDHĀSANA (The Bridge Posture) ŚĀVĀSANA (The Dead Body Posture)
STEP-IV	Kapalabhati	07:23 AM – 07:28 (10 mins)		KAPĀLABHĀTI (Skull Shining Breath)
STEP-V	Pranayama	07:28 AM – 07:38 AM (10 mins)	Any meditative posture (Suḷāsana/ Padmāsana/ Vajrāsana)	[1] NADĪŚODHANA or ANULOMA VILOMA PR NĀYĀMA (Alternate Nostril Breathing) [2] BHRĀMARĪ PRĀNĀYĀMA (BEE-LIKE)
STEP-VI	Dhyana	07:38 AM – 07:45 AM (7 mins)		DHYĀNA IN ŚAMBHAVĪ MUDRA (Eyebrow Canter Gazing)
	Sankalpa	Sankalpa Mudra		
I commit, to make myself into a healthy, peaceful, joyful and loving human being, through every action of mine.				
<b>NOTE: Yoga Dress: Wear light, comfortable cotton/ linen clothing that allows for free body movement, preferably White Loose T-shirts/ Kurtis, Track Pants.</b>				

*K. Mukherjee*

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