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# SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014  
At+P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN 721650

## International Yoga Day Observation 2022


### NOTICE

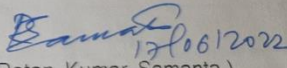
**SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA**  
At. + P.O. - Amdabad, P.S. - Nandigram, Dist - Purba Medinipur.

Notice No : 69/2022 Date :- 17/06/2022

NOTICE

It is notified for general information that the 'international Yoga Day' will be observed on 21<sup>st</sup> June, 2022 at 7:00 am. in the college premises. The said programme will be organized by the Dept. of Physical Education in Collaboration with NSS unit and IQAC. All the students & staff are hereby informed to attend the programme to make it a grand success.



  
( Dr. Ratan Kumar Samanta.)  
**Principal**  
Swarnamoyee Jogendranath Mahavidyalaya  
Amdabad :: Purba Medinipur :: Pin-721650

## Report

The NSS Unit 1 Of Swarnamoyee Jogendranath Mahavidyalaya observed International Yoga Day On June 21, 2022 at 7 am in the college premises. Divided Into two Parts, the event commenced with a welcome speech by the Principal followed by a practical Yoga session led by Sanjay Samanta, Head of the Department of Physical Education, and Dr Parimal Mandal, NSS Programme Officer. Insightful Speeches were delivered by Amrit Ranjan Acharya, Governing Body Member and the Principal Dr Ratan Kumar Samanta. The students practised various Yogasanas and were apprised of their benefits for their mental and physical well-being. A rally was then taken out in the vicinity of the college to spread awareness about Yoga in the local community. The event was quite successful with a participation of all NSS members and students of the Department of Physical Education.

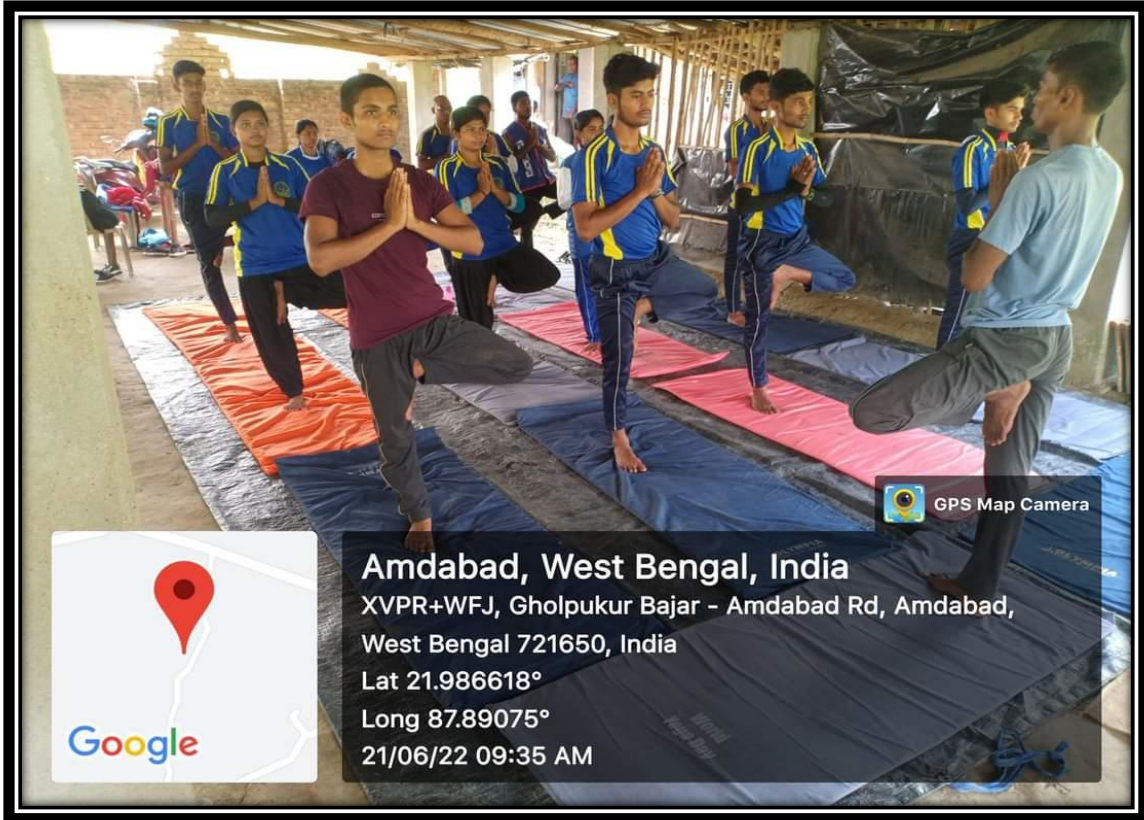
**Outcome:** The students and the local community were informed of the physical and mental health benefits of practising Yogasanas regularly. They were also made aware of how yoga aided in the holistic development of the individual and contributed to the general well-being of a community.

Photographs of Yoga Day Observation in the college grounds on 21.06.2022



Amdabad, West Bengal, India  
XVPR+VJX, Amdabad, West Bengal 721650, India  
Lat 21.986497°  
Long 87.891065°  
21/06/22 08:52 AM





25.06.2022

*Ramanab*

*Principal*  
Swarnamoyee Jogendranath Mahavidyalaya  
Amdabad :: Purba Medinipur :: Pin-721650



