



# SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014  
At+P.O.: Amdabad, P.S.: Nandigram, Dist.: PurbaMedinipur, PIN 721650  
[www.sjmahavidyalaya.in](http://www.sjmahavidyalaya.in) | Email: [sjmahavidyalaya@gmail.com](mailto:sjmahavidyalaya@gmail.com)

## YOGA AWARENESS CAMPAIGN (Door to Door) ORGANISED BY

NSS UNIT-I

In collaboration with Amdabad 1 Gram Panchayat

Date: 21 June, 2023

Venue: Takapura village





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Notice no- 72/23

Date-18.06.2023

## NOTICE

This is to notify that Swarnamoyee Jogendranath Mahavidyalaya is going to organize a Yoga Awareness Campaign door to door on the occasion of the World Yoga Day on 21.06.2023 at Takapura Village. The said programme will be organized by NSS Unit in collaboration with Amdabad I Gram Panchayat. All students along with NSS volunteers and interested staff are requested to attend this programme.

Principal

Swarnamoyee Jogendranath Mahavidyalaya

Principal

Swarnamoyee Jogendranath Mahavidyalaya  
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Ref.no-72/23

Date-18.06.23

To,  
The Panchayat Pradhan,  
Amdabad 1 Gram Panchayat,  
Amdabad, Purba Medinipur,  
Pin: 721650.

Subject: Request for Permission to conduct a Yoga Awareness Campaign door to door on 21.06.2023 at Takapura village.

Dear Sir/Madam,

I am writing to inform you that the volunteers of NSS unit of Swarnamoyee Jogendranath Mahavidyalaya want to conduct a Yoga Awareness Campaign door to door at Amdabad Madyapally dated 21.06.2023 to make people aware of physical and mental disease and its solution through yoga.

We are requesting you to give permission and collaborate our programme, to conduct this activity within Amdabad 1 Gram Panchayat jurisdiction. We assure you of our adherence to all local regulations and our utmost respect for the environment and the community.

Thanking You

Your sincerely

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

*Received and Allowed*  
*Foy*  
Pradhan,  
Amdabad-I Gram Panchayat  
Nandigram-II Dev. Block  
Dist.-Purba Medinipur.



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Date-21.06.2023

### Report of the Yoga Awareness Campaign

The Yoga Awareness Campaign organized on 21.06.2023 at 10 am onwards in the village Takapura under Amdabad 1 Gram Panchayat by the Physical Education teacher and NSS Unit of Swarnamoyee Jogendranath Mahavidyalaya in collaboration with Amdabad 1 Gram Panchayat, aimed to promote the practice of yoga among villagers, emphasizing its benefits for physical and mental well-being. Our team reached door to door and showed various asanas and breathing exercises and highlighted their importance and correct techniques. Informative sessions were conducted to educate villagers about the significance of yoga in maintaining a healthy lifestyle and managing stress. Residents were encouraged to actively engage in yoga exercises under the guidance of instructors to experience its benefits first hand. Pamphlets and brochures containing information about yoga and its benefits were distributed to each the house and some villagers wanted to clarify their doubt teachers clarified them. More than 50 houses were campaigned. The events ended at 1:10 pm. Yoga Awareness Campaign increased awareness about the benefits of yoga for physical fitness, stress reduction, and mental clarity. It also enhanced understanding of the principles and techniques of yoga among participants in and encouraged participants to incorporate yoga into their daily lives for improved health and well-being.

*B. Samal*

Principal

21.06.2023

Swarnamoyee Jogendranath Mahavidyalaya

**Principal**

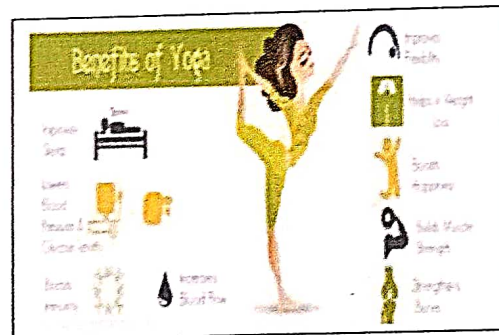
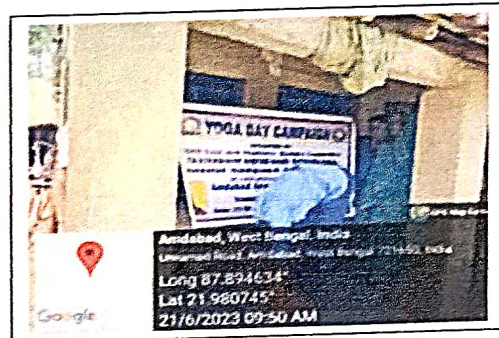
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## Photo



Event: Yoga Awareness Campaign  
Venue: Takapura  
Date: 21.06.2023

*S. Samanta*

Principal 21.06.2023

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

**OFFICE OF THE**  
**Amdabad-I Gram Panchayat**

P.O.- Amdabad, Dist. Purna, Medinipur  
Nandigram-II Panchayat Samiti  
gp.amdabad1@gmail.com

Ref. No. 76/B/23

Date 23.06.2023

**Certificate of Appreciation**

This is to certify that the NSS unit of Swarnamoyee Jyendranath Mahavidyalaya has demonstrated exceptional commitment and dedication in organizing a yoga Awareness Campaign door-to-door on 21.06.23, within our community. Your efforts have significantly contributed to promoting health and well-being among our residents.

On behalf of the Gram Panchayat, we extend our heartfelt gratitude for your valuable contribution and commendable initiative in spreading awareness about the benefits of yoga. Your proactive approach in engaging with the community reflects your admirable spirit of service and social responsibility.

We hereby express our sincere appreciation and recognition for your exemplary leadership and dedication to the betterment of society.

*Pradban*  
Amdabad-I Gram Panchayat  
Nandigram-II Dev. Block  
Dist.-Purna Medinipur.

*Jaya*  
23.06.23