



# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient



E-mail : mugberia\_college@rediffmail.com // www.mugberiangangadharmahavidyalaya.ac.in

Ref. No.-MGM/ / /2020-2021

Date:- 07/06/2021

This is to notify that the International Day of Yoga will be celebrated on 21.06.2021 by the Department of Physical Education in online mode. We kindly request all students, faculty members, and administrative staff to attend the said program.



  
Signature of The Principal  
Dr Swapan Kumar Misra  
  
Principal  
Mugberia Gangadhar Mahavidyalaya



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## Report of International Day of Yoga celebration, 2021

The Department of Physical Education at Mugberia Gangadhar Mahavidyalaya hosted a vibrant celebration of International Yoga Day on June 21, 2021, taking the festivities to the virtual realm. In a unique twist, the event embraced an online format, seamlessly streaming prerecorded videos showcasing the students' dedicated yoga performances. This innovative approach allowed for widespread participation, transcending physical boundaries and making the celebration accessible to students, faculty, and staff alike.



The virtual gathering kicked off with an enlightening address by Principal Dr. Swapan Kumar Misra, who eloquently highlighted the profound impact of yoga on our holistic well-being. His words resonated with the audience, igniting inspiration and encouraging everyone to integrate yoga into their lives for a healthier and more balanced lifestyle.

The program featured a skilled instructor from the Physical Education department, guiding participants through fundamental yoga practices. This interactive session provided valuable insights, fostering a collective experience of the physical and mental benefits inherent in yoga. Participants actively embraced the exercises, contributing to a sense of unity and shared well-being.



The collaboration between the Department of Physical Education, NCC, and NSS units added an extra layer of richness to the celebration, cultivating unity and cooperation among diverse segments of the college community. This virtual commemoration of International Yoga Day not only adapted to the changing times but also showcased the college's commitment to holistic well-being through innovative and inclusive initiatives.

Twitter link: <https://x.com/MugberiaM/status/1406977790881193986?s=20>



  
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