



# 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/ / /2021-2022

Date:- 11/01/2022

## Notice

This is to notify that the Department of Nutrition at Mugberia Gangadhar Mahavidyalaya will organize a Weekend Yoga program every Friday or Saturday starting from January 2022. Interested students are requested to participate in the said program.



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



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## Report of Weekend Yoga Program at Nutrition department, 2022

The Department of Nutrition at Mugberia Gangadhar Mahavidyalaya is pleased to announce the commencement of a Weekend Yoga Program, starting from January 2022. This initiative aims to promote physical and mental well-being among students through the practice of yoga. The program, scheduled every Friday, will offer students an opportunity to learn and experience the benefits of yoga, including stress reduction, improved flexibility, and overall wellness. Participation is open to all students, regardless of prior experience. We encourage all interested students to join us in this journey towards a healthier lifestyle.

Twitter Link: <https://x.com/MugberiaM/status/1517881350128164864?s=20>



  
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Dr Swapan Kumar Misra  
  
Principal  
Mugberia Gangadhar Mahavidyalaya



GPS Map Camera



### Bhupati Nagar, West Bengal, India

Mugberia Gangadhar Mahavidyalaya, 2P2H+395, Bhupati Nagar, West Bengal 721425, India

Lat 22.00009°

Long 87.728463°

23/04/22 03:55 PM



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