



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

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Report on Observation of 8th International Day of Yoga 2022 in Higher Educational Institutions

S. No.	Reporting items	Details
1	Name of the District Green Champion Institution	MUGBERIA GANGADHAR MAHAVIDYALAYA
2	Address of the Institution	BHUPATINAGAR, PURBA MEDINIPUR, 721425, W.B.
3	Name of the Head of the Institution/Principal	DR. SWAPAN KUMAR MISRA
4	Contact Number and Email ID	9002275816 mugberia_college@rediffmail.com
5	No. of Participants	Two Hundred Fifty
6	District and State	PURBA MEDINIPUR, WEST BENGAL
7	List of Activities Conducted on International Day of Yoga 2022	1) Yoga Mantra: Sahana Bhavatu 2) 'OM' Chanting 3) Surya Namaskara 4) Asana: Tarasana, Vrikshasana, Trikonasana, Paschimottanasana, Gomukhasana, Ustrasana, Pavanamuktasana, Setu Bandhasana, Salabhasana, Dhanurasana. 5) Pranayama: Basic Pranayama, Anulom-Bilom, Sitali, Sitkari, Surya Bhedan, Chandra Vedana. 6) Kriya: Kapalvati 7) Yoga Mantra: 'OM Yegana Chittaswa'

List of Enclosures:

1. List of Participants
2. Photographs
3. Newspaper Clippings (if any)

Bhali
21/06/22



Signature:

Swapan Kumar Misra

Name:

SWAPAN KUMAR MISRA

Date:

21.06.2022

Principal

Mugberia Gangadhar Mahavidyalaya

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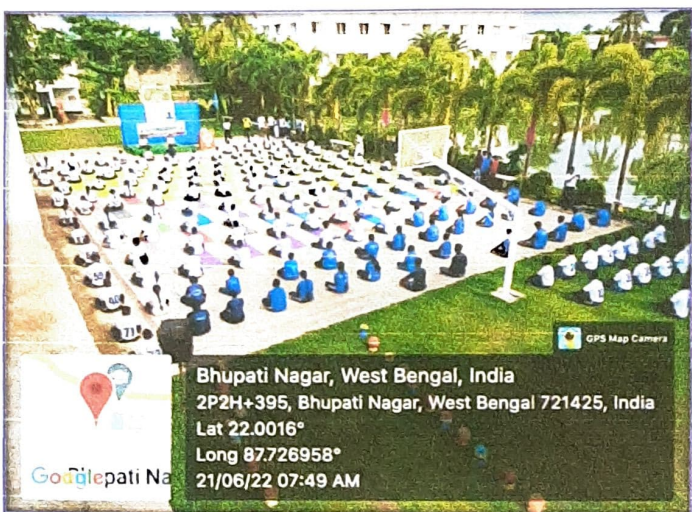
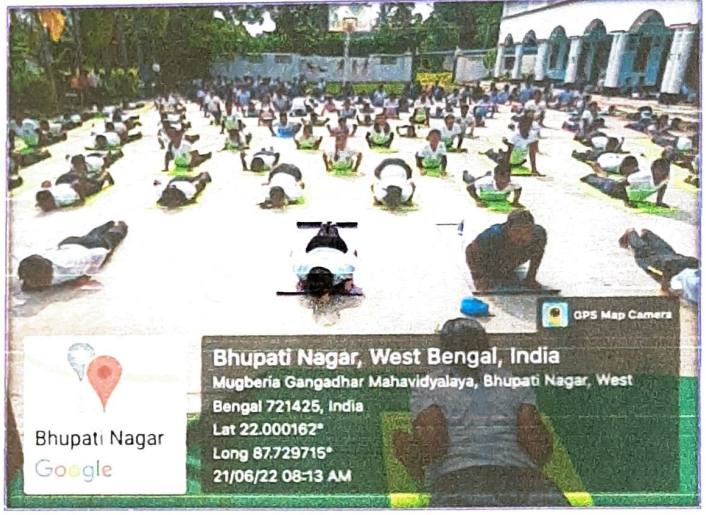
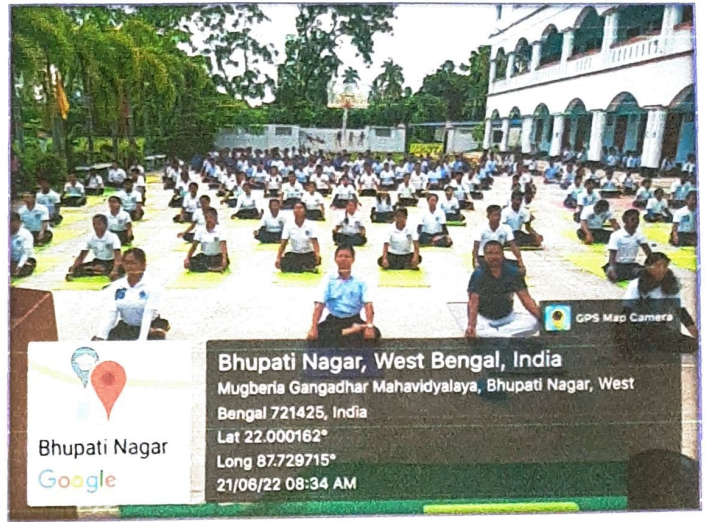
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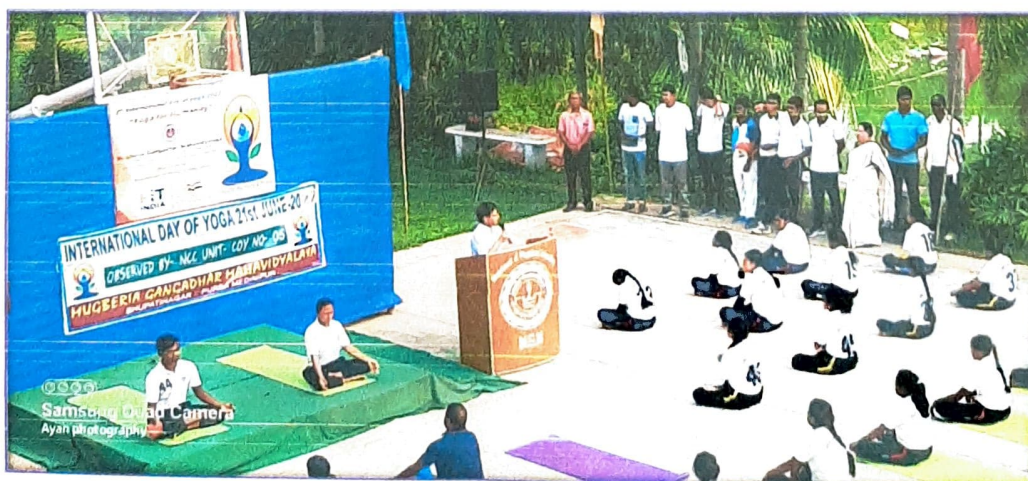
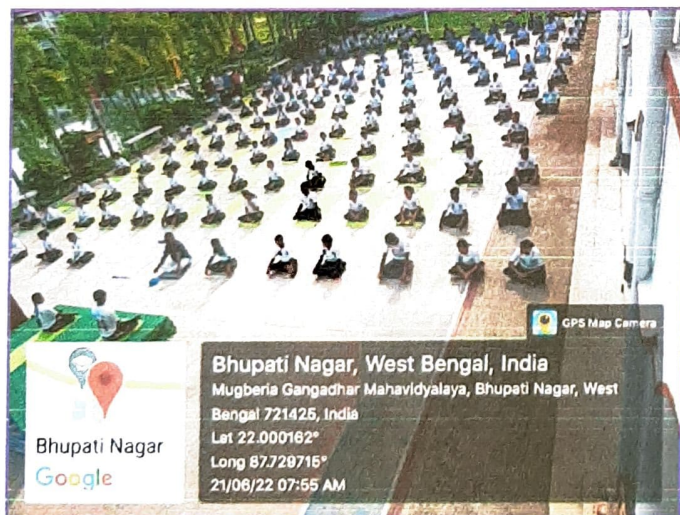
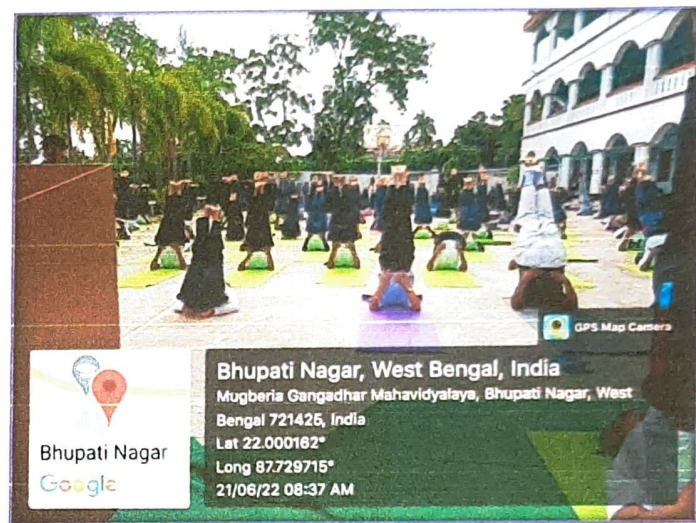
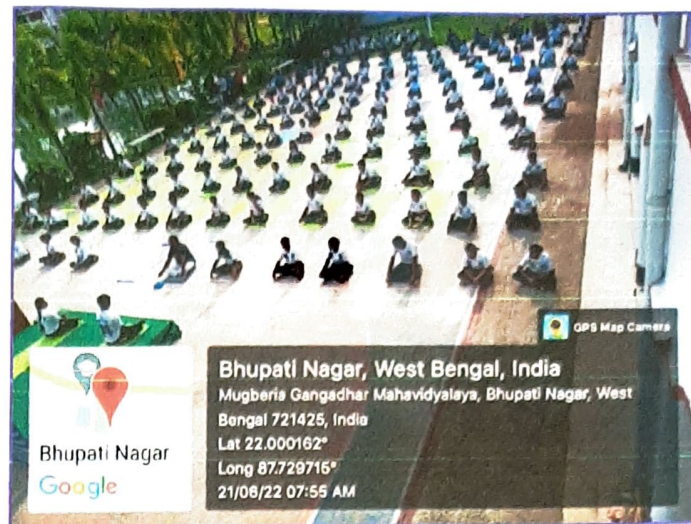
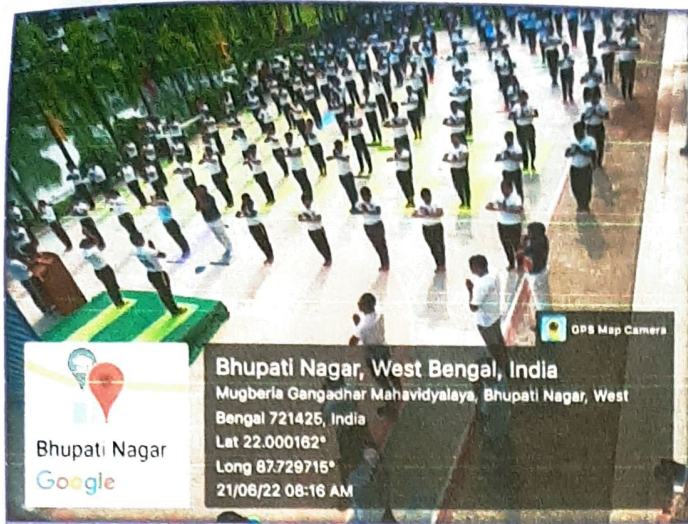
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Enclosure 2: Photographs of Yoga Day Activities





পাত্র প্রমুখ।
র বিস্তারিত
গাগত সমস্যা
হয়।

দ্যাপন

রে

র রকের
ঘ যোগ
হতনের
লত হয়
দিবস।

পস্থিত
কুলের
বড়ী,
য়ের
দুই,
সরী

র
গ্য
ত

জেলার বিভিন্ন প্রান্তের নিবাচিত মায়া।

মুগবেড়িয়া গঙ্গাধর মহাবিদ্যালয়ে যোগ দিবস



আবেশভূমি : মুগবেড়িয়া গঙ্গাধর মহাবিদ্যালয়ে অষ্টতম আন্তর্জাতিক যোগদিবস পালিত হয় মঙ্গলবার। অনুষ্ঠানে পৌরোহিত্য করেন কলেজের অধ্যক্ষ ড. স্বপন কুমার মিশ্র। তিনি তাঁর বক্তব্যে

সুস্থ জীবন ও স্বাস্থ্য রক্ষায় যোগার ভূমিকা নিয়ে বক্তব্য রাখেন। কলেজের এন এস এস, এন সি সি এবং স্বাস্থ্য বিভাগের ২৫১ ছাত্র - ছাত্রী ও ১১ জন অধ্যাপক অধ্যাপিকা এই অনুষ্ঠানে যোগদান করেন।

কাঁথি সি এস এস মাঠ পরিদর্শন স্পোর্টস অথরিটির

আবেশভূমি : স্পোর্টস অথরিটি অফ ইন্ডিয়া (সাই) এর নির্দেশে কাঁথি যুব কল্যাণ দপ্তর থেকে এক প্রতিনিধি দল কাঁথি মহকুমা ক্রীড়া সংস্থার নিজস্ব মাঠে

কোচিং সেন্টার, নিজস্ব কোচ আছে কিনা তার একটা রিপোর্ট রাজ্য যুব কল্যাণ দপ্তর জানতে চেয়েছেন। সেই জন্য