



# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721426, 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/ / /2019-2020

Date:- 18/06/2019

## Notice

This is to notify that the Yoga Day celebration will be organized by the Department of Physical Education on June 21, 2019. All students, faculty members, and administrative staff are requested to attend the said program.



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



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## Yoga Day 2019

Mugberia Gangadhar Mahavidyalaya celebrated International Yoga Day on June 21, 2019, with enthusiasm. The event was organized by the Department of Physical Education, focusing on the importance of yoga in promoting physical, mental, and spiritual well-being. The celebration saw active participation from both students and teachers, showcasing a unified commitment to the practice of yoga. The event commenced with rejuvenating yoga sessions conducted by experienced instructors. Participants engaged in various yoga asanas, emphasizing flexibility, balance, and relaxation techniques. Students from different disciplines demonstrated their dedication and skill in yoga, impressing the audience with their flexibility and composure. Dedicated teachers from the Department of Physical Education also participated, demonstrating advanced yoga postures and setting an example for the students. The International Yoga Day celebration at Mugberia Gangadhar Mahavidyalaya was a success, reflecting the institution's dedication to promoting a healthy lifestyle through yoga. The Department of Physical Education extends gratitude to all participants for making the event a memorable and impactful experience.



  
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