



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.mugberiangadharMahavidyalaya.ac.in

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Notice

This is to notify that department of physical education of the Mugberia Gangadhar Mahavidyalaya will celebrate “**International yoga Day**” on **21th June, 2021** in online platform . All students, Faculty members and administrative staff are requested to attend the said programme.



Signature of The Principal

Dr Swapan Kumar Misra

Principal

Mugberia Gangadhar Mahavidyalaya



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Report of International Yoga Day, 2021

The Department of Physical Education at Mugberia Gangadhar Mahavidyalaya marked "International Yoga Day" on June 21, 2021, with a virtual celebration. In response to the prevailing circumstances, the event transitioned to an online platform, drawing active participation from students, faculty, and administrative staff. Highlights included expert-led online yoga sessions promoting physical and mental well-being. Notably, the program featured live-streamed student yoga performances, showcasing their skills and fostering a sense of community engagement. The decision to conduct the celebration online proved effective, ensuring widespread participation and safety. The institution acknowledges the collective effort and engagement of participants, anticipating future events that contribute to holistic well-being.





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