



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:- 12/06/2022

Notice

This is to notify that the International Day of Yoga will be celebrated on 21.06.2022 by the Department of Physical Education at our college. 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



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

Report of International Day of Yoga celebration, 2022

The Department of Physical Education at Mugberia Gangadhar Mahavidyalaya organized a grand celebration on the occasion of International Yoga Day on 21.06.2022, in collaboration with the NCC and NSS units of our college. The event saw active participation from students, faculty, and staff, making it a memorable and impactful celebration.



The program commenced with an insightful speech delivered by Principal Dr. Swapan Kumar Misra, who emphasized the significance of yoga in our lives and its positive impact on overall well-being. His words resonated with the audience and inspired everyone to embrace yoga as a way to lead a healthier and more balanced life.

During the celebration, a skilled trainer from the Physical Education department conducted a session on basic yoga, providing valuable lessons to both students and faculty members. The participants actively engaged in the yoga exercises, experiencing the physical and mental benefits that yoga offers.



The collaboration between the Department of Physical Education, NCC, and NSS units added an extra dimension to the celebration, fostering a sense of unity and cooperation among different segments of the college community.

Twitter Link: <https://twitter.com/MugberiaM/status/1539112553233661952/photo/1>




Signature of The Principal
Dr Swapan Kumar Misra

Principal
Mugberia Gangadhar Mahavidyalaya




Signature of The Principal
Dr Swapan Kumar Misra

Principal
Mugberia Gangadhar Mahavidyalaya