



GANGADHARPUR MAHAVIDYAMANDIR

Co-educational Degree College (NAAC Accredited)

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Ref. No-.....

Date: 20/06/2023

From: Teacher-in-Charge/Secretary

Celebrate International Yoga Day-2023

It gives me immense pleasure to extend a warm invitation to all Teachers/Students/Non-teaching Staff and stakeholders of Gangadharpur Mahavidyamandir to join in celebrating International Yoga Day organized by Yoga Club in collaboration with IQAC and NSS. This year, we are hosting a special event to commemorate the importance of yoga in promoting physical, mental, and spiritual well-being.

Date: 21/06/2023

Time: 2.45 PM

Venue: Conference-cum-Auditorium Hall (New)

International Yoga Day, celebrated annually on June 21st, is a momentous occasion that unites people worldwide in embracing the ancient practice of yoga. As an institution committed to holistic education and well-being, we believe in the transformative power of yoga and its ability to enrich lives. This event aims to spread awareness about the numerous benefits of yoga and provide a platform for our faculty and students to engage in this ancient practice.

The celebration will include a series of activities that cater to individuals of all experience levels. We have organized yoga sessions led by **Debashri Jana Maiti**, who will guide members of YOGA CLUB through various asanas (poses) techniques.

We cordially invite you all to be a part of this joyous event and experience the transformative power of yoga firsthand. It is an excellent opportunity to rejuvenate your mind, body, and spirit while fostering a sense of community and well-being within our institution.

We look forward to your positive participation in making this event a grand success. Together, let us embrace the serenity and harmony that yoga brings to our lives.

Yours sincerely,

(Dr Jaga Mohan Basantia)

Teacher-in-Charge

Gangadharpur Mahavidyamandir
Gangadharpur, Howrah