

INTERNATIONAL YOGA DAY



NOTICE

It is hereby notified all the NSS Volunteers of Siddhinath Mahavidyalaya that 'International Yoga Day' will be held on 21/06/2022. All are advised to attend the said programme positively.

Oma Bhasch
Principal 18/06/2022
Siddhinath Mahavidyalaya

Principal
SIDDHINATH MAHAVIDYALAYA
S.S.Patna, Purba Medinipur

18.06.2022

R. W. S. 18/06/22
NSS Programme Officer
Siddhinath Mahavidyalaya
Programme Officer
NSS Unit - 1
Siddhinath Mahavidyalaya

18/06/22
18/06/22
18/06/22
18/06/22



SIDDHINATH MAHAVIDYALAYA

(Govt. Aided)

Estd. - 2013

SHYAMSUNDARPUR PATNA • PANSKURA • PURBA MEDINIPUR • PIN - 721139 • Phone - 03228-255030
email - siddhinathmahavidyalaya@gmail.com

Department	National Service Scheme (NSS)
Date of Event	21/06/2022
Topic	International Yoga Day
Event Category	Physical Training
No. of participated student	12
Activities	<ul style="list-style-type: none">➤ Motivate people to embrace a healthier lifestyle through regular yoga practice, combined with a balanced diet and mindfulness.➤ Spread awareness about the holistic benefits of yoga, including its potential to improve physical health, mental clarity, and emotional balance.



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Awareness Programme

On

International Yoga Day

Organized by

NSS Unit-I & IQAC

Student Attendance sheet

Date- 21/06/2022

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