



# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

(Govt. Aided B. Ed. & B. P. Ed. College)

NCTE Recognized: NAAC Accredited: BSAEU & BU Affiliated

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Date : 22.06.2024

## Report on Celebration of 10<sup>th</sup> International Yoga Day on 21.06.2024

This year celebrates the tenth International Day of Yoga, with the theme "Yoga for Self and Society." Yoga, a transforming discipline, represents mind-body harmony, thought-action balance, and the oneness of restraint and fulfilment. It unites the body, mind, spirit, and soul, providing a comprehensive approach to health and well-being that brings calm to our stressful life. On this unique day, we honour its transformative potential.

Based on the above facts, Nikhil Banga Sikshan Mahavidyalaya celebrated 10<sup>th</sup> International Yoga Day on **21.06.24 at 8.00 AM** under the guidance of **Dr. Susanta Jana**. Dr. Jana explained the importance of the day followed by practice of different **Yogasona** at the playground. Some glimpse of the event are given below:



Yoga practice session



Dr. Jana in action



Girls are in listening mood

*Susanta Jana*  
22/06/2024

PRINCIPAL

Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura

