



Date : 23.06.2025

Report on Celebration of 11th International Yoga Day on 21.06.2025

The topic of this year's 11th International Day of Yoga, "Yoga for One Earth, One Health," reflects the crucial reality that individual well-being and global health are inextricably intertwined. Yoga promotes a greater sense of awareness and responsibility in day-to-day living while strengthening the body and calming the mind. One can select more sustainable and healthful lifestyles because to this attentiveness. The timeless Indian philosophy of Vasudhaiva Kutumbakam, which holds that all people are members of one family, is reflected in the idea that when we take care of ourselves, we also take care of the Earth.

Based on the above facts, NSS unit of Nikhil Banga Sikshan Mahavidyalaya celebrated 11th International Yoga Day on **21.06.25 at 8.00 AM** under the guidance of **Dr. Susanta Jana & Dr. Sanjay Bhunia**. 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

[Signature]
23/06/2025

PRINCIPAL

Principal
Nikhil Banga Sikshan Mahavidyalaya
Bishnupur (Bankura).

