



# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

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

NCTE Recognized: NAAC Accredited: BSAEU & BU Affiliated

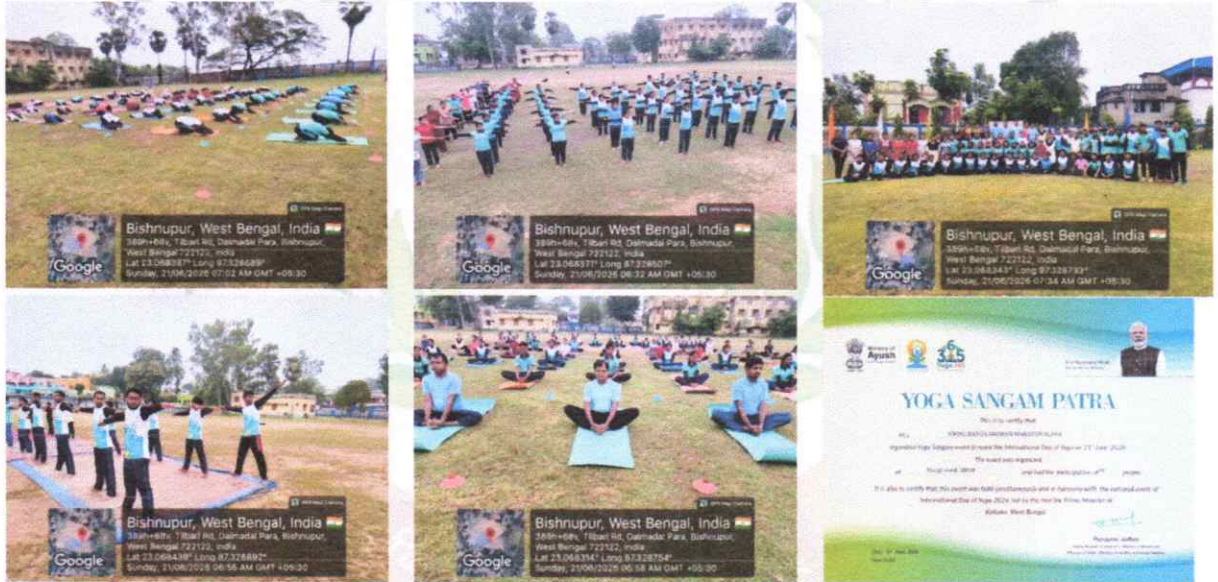
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## Report on Celebration of 12<sup>th</sup> International Yoga Day on 21.06.2026

**Introduction:** On June 21, 2026, our institution commemorated the 12<sup>th</sup> International Day of Yoga with great passion and spirit. The purpose of the event was to raise awareness of the value of yoga in preserving inner calm, mental clarity, and physical wellness. Staff members, instructors, and students all took part in the festivities.

**The programme:** Based on the above facts, NSS unit of Nikhil Banga Sikshan Mahavidyalaya celebrated 12<sup>th</sup> International Yoga Day on **21.06.26 at 6.30 AM** under the guidance of **Dr. Sanjay Bhunia**. Dr. Bhunia explained the importance of the day followed by practice of different **Yogasona** at the playground following the guideline of the appropriate authority. The event was attended by around 90 students, 4 staff members. To promote consistent practice, motivational talks and conversations on the subject of yoga were arranged. The arena was filled with banners and posters with messages about wellness, exercise, and health. Some glimpse of the event are given below:



**Conclusion:** Participants were motivated to include yoga in their everyday routines by the celebration, which was a huge success. A vote of gratitude and a commitment to regularly practise yoga for a better and healthier life marked the event's conclusion. The concept that yoga is a useful technique for attaining harmony between body, mind, and spirit was successfully communicated by the show.

PRINCIPAL  
*hmkow*  
21/06/2026  
Principal



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