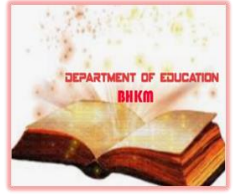




BAMANPUKUR HUMAYUNKABIR MAHAVIDYALAYA

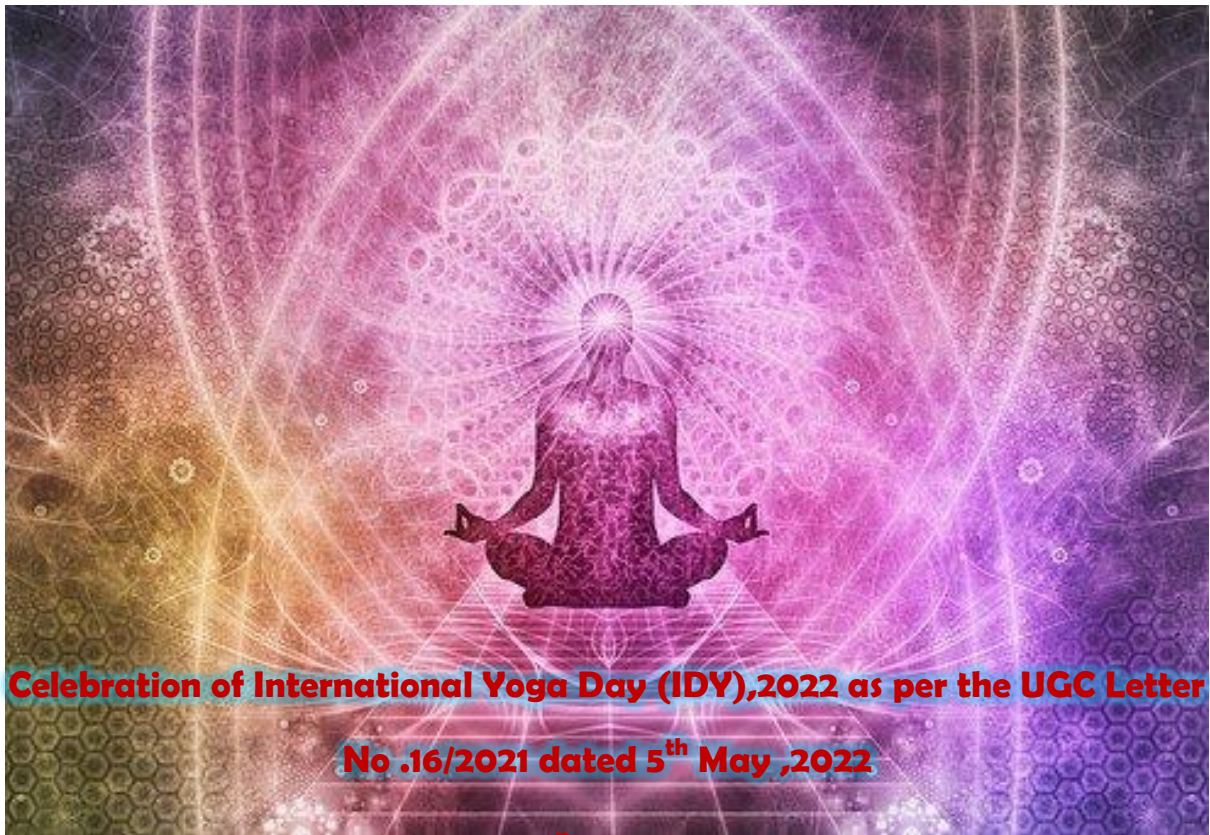
BAMANPUKUR . NORTH 24 PARGANAS . PIN – 743425 . WB

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Affiliated to West Bengal State University and sanctioned under 2(f) and 12(B) of the UGC Act. Estd. – 2007

Concept Note: Yoga is an ancient ascetic practice originated in India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. There is numerous benefits of practicing yoga regularly and so United Nations General Assembly in December 2014 decided to celebrated International Day of Yoga. International Day of Yoga is celebrated worldwide on 21st June since 2015 following declaration of 21st June as International Yoga Day by United Nations General Assembly in December, 2014.



Celebration of International Yoga Day (IDY), 2022 as per the UGC Letter

No .16/2021 dated 5th May ,2022

By

Anandadhara Alumni Department of Education

In collaboration with

DEPARTMENT OF EDUCATION

Time 10 am – 12 noon

Organized by Sumita Chatterjee

Assistant Prof and HOD Department of Education

PROGRAMME SCHEDULE

21.6.2022

VENUE SEMINAR HALL

TIME 11.45 AM TO 12 NOON

10 - 10.30 AM -

Preparation of Yoga Poster Online

10.30 am - 11am -

Preparation of Yoga Video On- line

11.45 am to 11.50

Inaugral Speech -

Dr S Biswas Principal BHKM

Felicitatation of Sayani Das by Anandadhara Alumni

Department of Education

11.45 am TO 12 noon

INAUGURATION OF YOGA VIDEO BY SAYANI DAS

(INTERNATIONAL OPEN WATER SWIMMER

ENGLISH CHANNEL, ROTHNEST CHANNEL ,CATALINA CHANNEL USA

USA (2ND INDIAN WOMEN

MELOKAI CHANNEL USA, FIRST ASIAN WON)