



# BAMANPUKUR HUMAYUN KABIR MAHAVIDYALAYA

**Celebrates**

**INTERNATIONAL YOGA DAY 21.6.2023**

**Organized by**

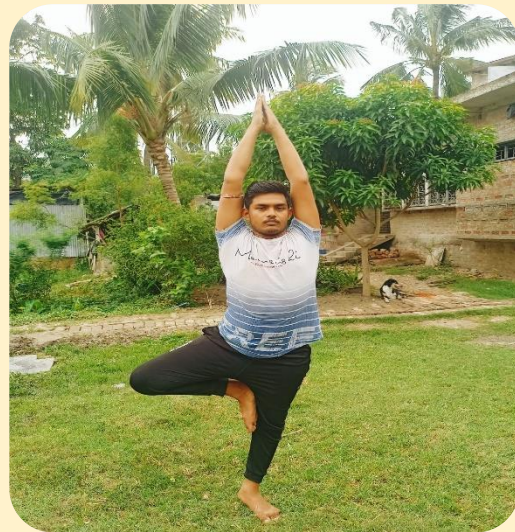
**Department of Education (Sem -4 Hons )**

**Observation of Yoga Day by Poster Presentation**



**International Yoga Day in 2023 Celebration theme:**

The theme of this year 2023 makes it more special, which is – Vaudhav kutumbakam, which means earth is my home. Yoga not only promotes physical relaxation but also eases mental and emotional tension. Recognizing the universal appeal and holistic nature of yoga is the theme. On December 11th, 2014, the United Nations General Assembly unanimously declared June 21st as International Yoga Day, to be celebrated.



**Chief Patron: Dr. Subhash Biswas (Principal BHKM)**

**Department of Education.**

**Prof Sumita Chatterjee (HOD Department of Education and Organizing Secretary)**

**Dr .Arghadip Paul( Co-Ordinator IQAC )**

**Prof Mahua Mondal (SACT)**