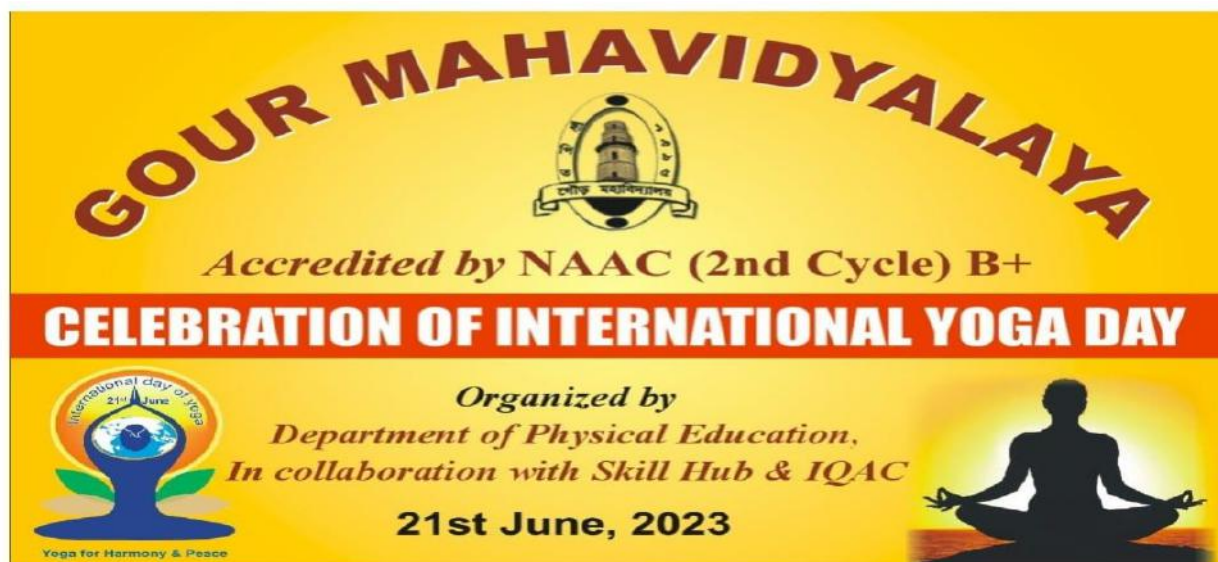


## GOUR MAHAVIDYALAYA

Department of Physical Education

Organised by ,

Department of Physical Education, in Collaboration with Skill Hub & IQAC



## Report On International Yoga Day

21st June, 2023

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

Today, on 21st June 2023, Gour Mahavidyalaya organised by, the Department of Physical Education, in Collaboration with Skill Hub & IQAC Celebrated the 9th International Yoga Day. It was attended by many prominent Professors, and Students from different departments of the college under the University of Gour Banga with great enthusiasm.

The event began with a brief introduction to The practice of yoga and its positive effects on the Body, Mind & Soul Yoga Day by Dr. Ashim Kumar Sarkar, Principal by welcoming the guest of Honour Dr. Asit Kumar Sinha, Ex-Yoga Teacher, Kendriya Vidyalaya, Malda.

Warm-up exercises were taken and all the students practised & performed sitting and standing asanas, the importance of these was explained simultaneously. The celebration concluded with the speech of our Hon'ble Dr Asit Kumar Sinha, Ex Yoga Teacher, Kendriya Vidyalaya, Malda. He encouraged students to practice regular yoga to remain fit and improve concentration.

All Faculties, Staff and children were taught the importance of Yoga in their lives & how to maintain harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives.

# International Yoga Day

PHOTO -1



PHOTO -2



PHOTO -3



# International Yoga Day

PHOTO -4 PRACTICE SESSION :-



PHOTO -4 PRACTICE SESSION :-



PHOTO -5 PRACTICE SESSION :-



The End