

Jatindra-Rajendra Mahavidyalaya

ESTD-1986



VILL. + P.O. – AMTALA, P.S. – NOWDA, DIST. – MURSHIDABAD, PIN – 742121

Date: 14.06.2023

NOTICE

All the students of Jatindra Rajendra Mahavidyalaya are hereby informed that **International Yoga Day** will be celebrated on 21/06/2023 at college premises. All NSS volunteers and all students are requested to participate in this special day celebration.

M. Khan

**Programme Officer
N.S.S. Unit-I
J.R. Mahavidyalaya
Amtala, Murshidabad**

Geelali Bera

**Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad**

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Date: 23.06.2023

1. Name of the Organizing Committee / Cell:- **NSS Unit-1 of J. R. Mahavidyalaya**

2. Name of the Event :- **Celebration of International Yoga Day.**

3. Date of the Event :- **21-06-2023**

4. Venue of the Event:- **Inside College Premises.**

5. Nature of the Activity:- **Programme /Event/ Lecture /Workshop: Life Skill**

6. Level of the Activity:- **College**

7. Name of the Sponsor / Collaborator, if any:- **College**

8. Purpose / Aims / Objectives of the event:-

In today's fast-paced and demanding world, students face various challenges that can impact their overall well-being and academic performance. Through this program, we explore the profound importance of yoga in everyone's life specially a student's life, highlighting how this ancient practice cultivates mind-body balance and nurtures holistic development.

- ❖ Yoga provides students with effective tools to manage stress and anxiety.
- ❖ Regular practice of yoga enhances concentration and focus.
- ❖ Yoga is a holistic exercise that strengthens and stretches the body.
- ❖ Yoga promotes emotional balance by encouraging self-awareness and self-acceptance.
- ❖ Yoga helps students unwind and relax, leading to improved sleep quality.
- ❖ Yoga encourages self-reflection and self-acceptance, allowing students to develop a positive self-image.
- ❖ The skills and principles learned through yoga extend beyond the classroom, providing students with valuable tools for life.

10. Beneficiaries / participants / audience (Type and/or number):- **12 students participated.**

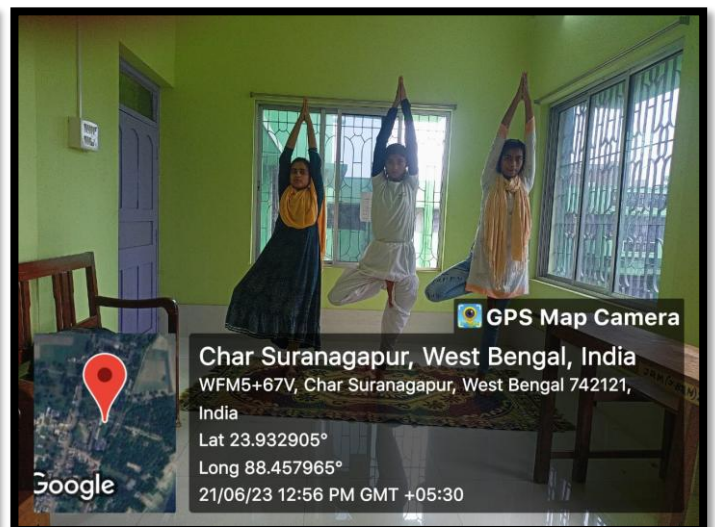
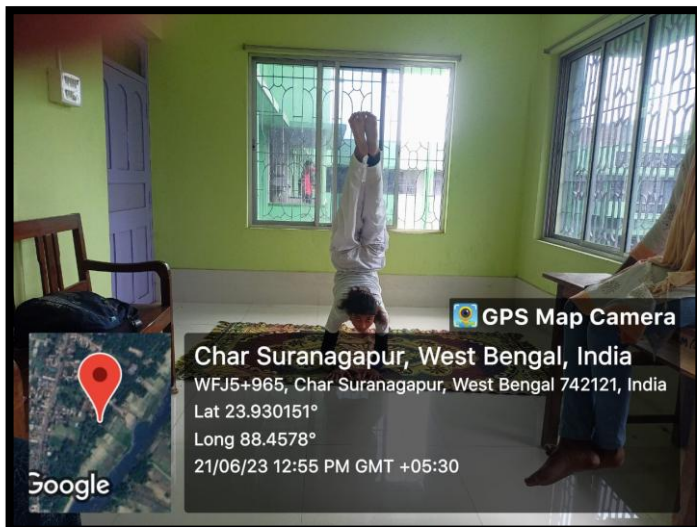
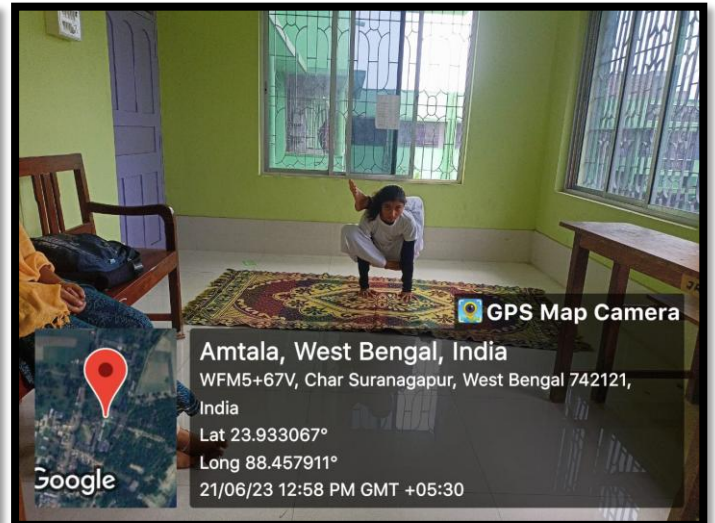
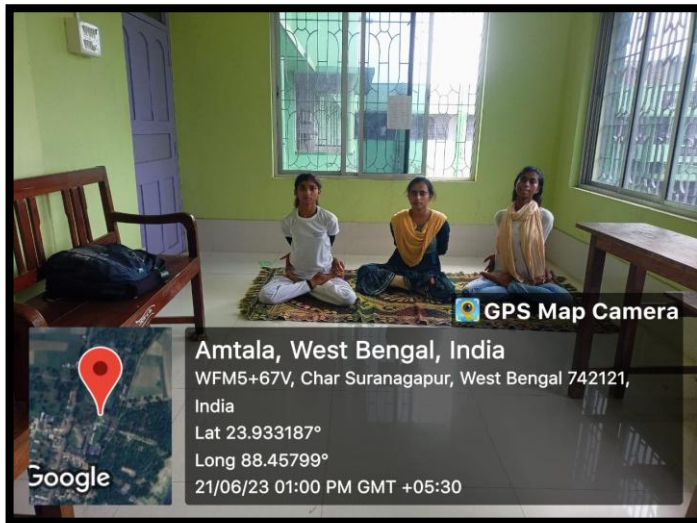
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11. Evidence produced: - Photographs of the event.



Muklan

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