

# MAHARAJA NANDAKUMAR MAHAVIDYALAYA

(Govt. Aided General Degree College)



🏠 Bhabanipur, Kalyanchak, Nandakumar, Purba Medinipur, 721632

🌐 [www.maharajanandakumarmahavidyalaya.org](http://www.maharajanandakumarmahavidyalaya.org)  
 ✉ [mnmahavidyalaya@gmail.com](mailto:mnmahavidyalaya@gmail.com)



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18.06.2026

## Sub: Observance of International Day of Yoga – 2026

In pursuance of the directions of the Government of West Bengal, all students, teaching staff, non-teaching staff, and all concerned are hereby informed that the **International Day of Yoga** will be observed on **Sunday, 21.06.2026**, at **6:30 A.M.** in the **College Ground**. The programme is being organized by the Games & Sports Committee in collaboration with the **IQAC**. The observance aims to promote the practice of yoga and create awareness about its numerous physical, mental, and emotional health benefits, including improved fitness, stress management, concentration, flexibility, and overall well-being. **Attendance of all students is compulsory**. All participants are requested to report to the College Ground by **6:15 A.M.** in comfortable attire suitable for yoga practice and to maintain discipline throughout the programme.

The wholehearted cooperation and active participation of all concerned are earnestly solicited to make the programme a grand success.

*Nirmalendu Bikas Sinha*

Prof.(Dr.) Nirmalendu Bikas Sinha  
 Principal  
 Maharaja Nandakumar Mahavidyalaya



**Prof. (Dr.) Nirmalendu Bikas Sinha**  
**Principal**  
**Maharaja Nandakumar Mahavidyalaya**  
**Bhabanipur, Kalyanchak, Nandakumar**  
**Purba Medinipur, 721632, W.B.**