

# MAHARAJA NANDAKUMAR MAHAVIDYALAYA

( Govt. Aided Degree College )

Estd.- AUGUST, 2007

E-mail : mnmahavidyalaya@gmail.com

Website : maharajanandakumarmahavidyalaya.org / www.maharajanandakumarmahavidyalaya.org.in



Vill.- Bhabanipur, P.O.- Kalyanchak, P.S.- Nandakumar, Dist.- Purba Medinipur, Pin- 721632

NO. MNM/NOTICE/ 56/2024

17.06.2024

**Subject: National Level Seminar on “Scientific Principles of Yogic Practices”**

Our college's NSS, Department of Sanskrit, and Department of History have organized a **one-day national level seminar on “Scientific Principles of Yogic Practices”** to be held on 21<sup>st</sup> June 2024 (Friday) in celebration of International Yoga Day. The event will take place in the Auditorium Hall at **11:00 AM**.

We are honored to announce that **Mr. Ranajoy Das**, a renowned yoga trainer and President of the State Committee of Universal Yoga Sports Federation (YSFWB), WB Chapter, Purba Medinipur District, and Yoga expert **Smt. Suchismita Bhunia Barh** will be our distinguished guests. Their expertise will undoubtedly make this event exceptional.

The purpose of this seminar is to emphasize the benefits of yoga in our daily lives. **All students are encouraged to wear Physical Education dress or comfortable clothing for the yoga session.** Attendance of all students is compulsory.

Let us come together and celebrate the essence of yoga.

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.**