

MAHARAJA NANDAKUMAR MAHAVIDYALAYA

(Govt. Aided Degree College)

Estd.- AUGUST, 2007

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



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

NO. MNM/NOTICE/ 58/2024

20.06.2024

Sub: National Level Workshop on “Scientific Principles of Yogic Practices”

Our college's NSS has organized a one-day national-level workshop on “*Scientific Principles of Yogic Practices*” in celebration of International Yoga Day. The event will be held on 21st June 2024 (Friday) in association with Swasti Yoga Center, Pune, Maharashtra. The workshop will be held on 21st June 2024 (Friday) in a blended mode: **online session from 12:00 PM to 1:00 PM.** via Join Zoom Meeting

<https://us02web.zoom.us/j/72664057665?pwd=aFhOV3FSQ2VyR0ZuK3RXOXZJbVR0dz09>

[[Meeting ID: 726 6405 7665](#) Passcode: [3YgcBw](#)] and **offline** in the Auditorium Hall at 11:00 AM.

We are honored to announce the presence of distinguished guests:

Dr. Vikas Chothe (MD Ayurveda, PhD MUHS (Ayu), FIIM, Founder - Swasti Yoga Center, Yoga Ambassador, Lead Yoga Examiner and Assessment expert (Ministry of AYUSH) , Dean- Ayuryoga School, Chile (South America), PUNE – 411019.

Mr. Ranajoy Das, renowned Yoga trainer and President of the State Committee of Universal Yoga Sports Federation (YSFWB), WB Chapter, Purba Medinipur District.

Smt. Suchismita Bhunia Barh, Yoga expert.

Their expertise will undoubtedly make this event exceptional.

The purpose of this seminar is to emphasize the benefits of yoga in our daily lives.

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Attendance is compulsory for all 2nd semester students, as this workshop is a part of the University course curriculum under community service. All students must wear their Physical Education dress for the yoga session.

Let us come together and celebrate the essence of yoga.

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



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