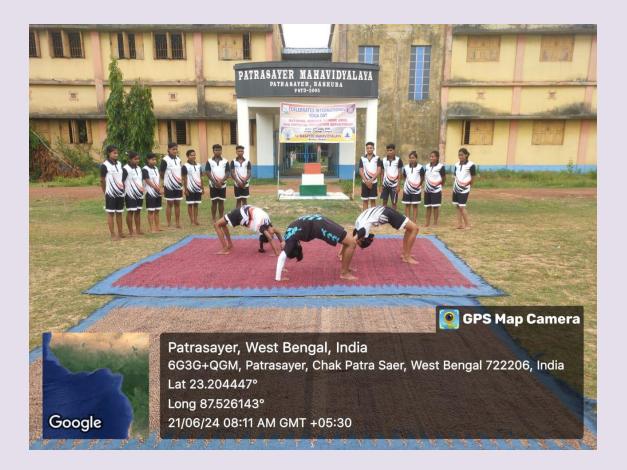
REPORT ON INTERNATIONAL YOGA DAY

Date: 21.06.2024 Venue: College Ground

Mahavidyalaya has celebrated International Yoga Day On 21st June 2024 from 8.00am onwards at the college ground. The program was jointly organized by NSS and Physical education department. The HOD of the Department of Physical Education Mr Atanu Ghar began the event with a brief introduction of yoga day .The International yoga day is celebrated every year at Patrasayer Mahavidyalaya for encouraging and motivating the students along with every other member of Patrasayer Mahavidyalaya. Prof Ghar made the students understand that Yoga is an ancient and complex practice rooted in Indian philosophy. Yoga refers to the physical, mental and spiritual practices or discipline that enhances the quality of human life. It began as a spiritual practice but has become popular as a way of promoting physical and mental well being. Yoga is a practice that connects the body, breath and mind. It uses physical postures, breathing exercises and medication to improve overall health. Yoga also brings mental benefits such as reducing anxiety and depression.

Mr A Ghar finally congratulated all the students who participated in the event and thanked them for making the International yoga day genuinely successful.





PATRASAYER MAHAVIDYALAYA

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9.	Sanchani Genesh	222	777	2315120 9001	Sanchowi Ghosh
10	· Ranjana Dog	2nd	104	23151201015	Ranjana Dog
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18.	Rimpa Ghosh	and	36	23151201071	Rimpachosh
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20.	Sanchita Pal	2nd	_	23151203012	Sanchita Pal
21.	NIKHIL QHOSH	2nd	68	23151201036	Nikhii Ghosh
22.	RIYA Ghosh	2nd	108	23151201091	Riva Ghosh
23.	AKASH RUIDAS	2 nd	67	2315120 1003	Akash Ruidas.
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6.	Chapita Bauni	VI	203	21151202008	Chabita Bauni
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9.	Sabana Eyasmin	6th	340	21151219008	Sabara Frismin
10.	Suratit Ruidal	6th	412	21151204012	Sumojit Ruidas
11.	PAPIYA KHATUN	6th	427	21151201204	Papiyakhaton
12.	Rulsa Khatun.	bth	185	21151201213	Rufsa Knedium
13.	Shilpa Bag	6th	526	20151206006	·Shilpa Bag
14.	Samopti Ghosh	Gth	22	21151101003	Samapti Ghoch
15.	Pridonka whosh	8th	30	81121101011	Paitonka behorh
16.	Smashall Pramaril	6th	77	21151102010	Somashoe Barne
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19.	Sathi Chandra	6 th	97	21153119007	Sathi Chandra
20.	Thumpu Ghosh	6th	33	21151101006	Thumpa Gloss
21.	Disha Ghosh	6 th	21	21151101005	Cirla Glock
22.	Payel Ghosh	6th	32	21151101009	Pagel Ghosh
23.	Ananya Banerjee	VI	41	21151103011	Anarya Banenjee
24.	Aska Basfdi	644	183	2115/204003	Asha Bagai
25.	Podyanka Lohas	6th	302	21151202036	Boilyanka Lehar
26.	ANTARA BASU	6th	223	21151210006	For - Sunita
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