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Sudhiranjan Lahiri Mahavidyalaya

(Accredited by NAAC)

ESTD 1966

(Affiliated to the University of Kalyani & Approved by the UGC under section 2 (f) & 12B)

P.O. - MAJDIA, DIST. NADIA PIN – 741507 WEST BENGAL, INDIA.

Yoga Day Celebration

Venue: - Play Ground of Sudhiranjan Lahiri Mahavidyalaya, Majdia, Nadia

Date:- 21.06.2024

Organized by :- Department of Physical Education & NCC Unit of Sudhiranjan Lahiri Mahavidyalaya, Majdia, Nadia

Faculty Co-ordinators:- Mr. Asit Tarafdar & Mr. Sougata Bhaduri

On June 21st, 2024, Sudhiranjan Lahiri Mahavidyalaya, Majdia, celebrated International Yoga Day with active participation from students, faculty, and staff, organized in collaboration with the NCC unit and the Department of Physical Education. The event highlighted the importance of Yoga in promoting physical, mental, and spiritual well-being.

The celebration commenced early in the morning, with the college grounds bustling with enthusiasm. The event was inaugurated by Dr. Dipankar Ghosh, the principal of the college, who underscored the relevance of Yoga in managing stress and enhancing concentration, particularly for students. He commended the efforts of the NCC cadets and the Physical Education Department for their role in organizing the event.

A professional Yoga instructor led the session, guiding participants through various asanas, pranayama, and meditation techniques. The NCC cadets played a pivotal role in coordinating the event, ensuring smooth participation from all attendees, including those with physical challenges, thanks to the college's disabled-friendly infrastructure.


The Department of Physical Education provided valuable insights into the physical benefits of Yoga, linking it to the overall fitness and well-being of students. The session also included a brief discussion on the philosophy of Yoga, followed by a Q&A segment, where students engaged in a dialogue about incorporating Yoga into their daily lives.

The event concluded with a collective meditation session, fostering a sense of unity and inner peace among the participants. The involvement of the NCC and the Department of Physical Education significantly contributed to the event's success, reinforcing the college's commitment to holistic education and well-being.

DR. DIPANKAR GHOSH
PRINCIPAL
Sudhiranjan Lahiri Mahavidyalaya
MAJDIA, NADIA





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Long 88.730208°
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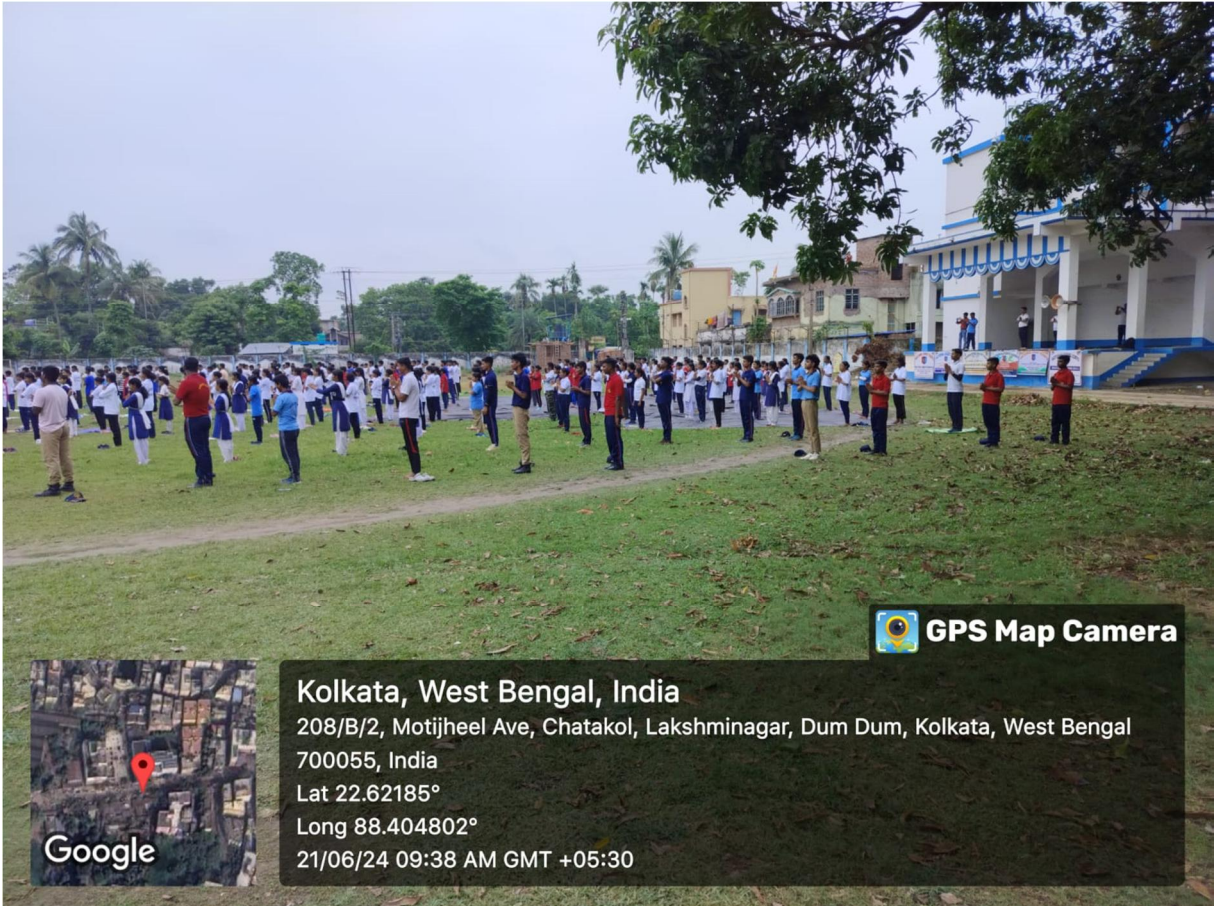
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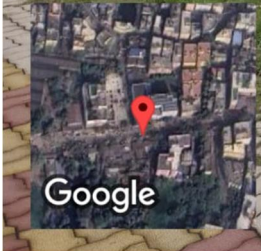
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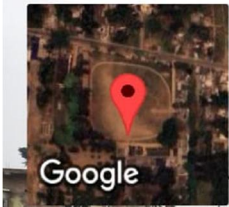
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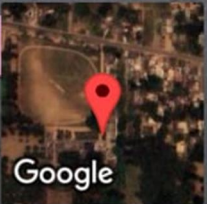


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SUDHIRANJAN LAHIRI
MAHAVIDYALAYA
Majdia, Nadia
International Yoga Day
Celebration-2024
"Yoga for Humanity"
Organized By
Dept. of Physical Education
West College Campus, Date: 21 Jun 2024, Time: 11.00AM