



# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // www.mugberiangadharMahavidyalaya.ac.in

Ref. No.-MGM/ / /2023-2024

Date:- 10/04/2024

## Notice

The Department of Nutrition is pleased to announce a **Weekend Yoga and Meditation Class** to promote mental well-being and physical health among students. The upcoming session is scheduled as follows:


### Details of the Session:

- **Date:** 20<sup>th</sup> April 2024
- **Time:** 3:00 PM to 4:00 PM
- **Venue:** College Auditorium

The class will be conducted by experienced yoga and meditation instructors, focusing on techniques for relaxation, stress management, and overall wellness.

All students are encouraged to participate in this enriching session. Prior registration is not required. Please wear comfortable clothing and bring a yoga mat.



  
Signature of The Principal  
Dr Swapan Kumar Misra  
Principal  
Mugberia Gangadhar Mahavidyalaya



# MUGBERIA GANGADHAR MAHAVIDYALAYA

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## Weekend Yoga and Meditation Class

The Department of Nutrition at Mugberia Gangadhar Mahavidyalaya organized a **Weekend Yoga and Meditation Class** on **20th April 2024**, which saw the enthusiastic participation of **105 students**.


The session aimed to foster mental and physical well-being among students. The class was led by skilled yoga and meditation practitioners who guided participants through a series of yoga postures, breathing exercises, and mindfulness techniques.

The participants expressed their appreciation for the session, noting its effectiveness in alleviating stress and improving focus. The interactive nature of the class allowed students to ask questions and learn practical methods for integrating yoga and meditation into their daily routines.

The Department of Nutrition plans to continue organizing these sessions every weekend to instill the habit of a healthier lifestyle among students. The program concluded with positive feedback from attendees and a commitment to regular practice.



Twitter link: <https://x.com/MugberiaM/status/1781709554046337391>



  
Signature of The Principal  
Dr Swapan Kumar Misra  
Principal  
Mugberia Gangadhar Mahavidyalaya

Photos of the event



  
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Principal  
Mugberia Gangadhar Mahavidyalaya