

## Report on the Observation of International Day of Yoga-2025

Date: 23.06.2025

To mark the occasion of International Day of Yoga, a One-Day Yoga Awareness Programme was organized in the College Lecture Hall on 21st June 2025 at 12:30 PM. The event was jointly organised by the Sports Sub-Committee in collaboration with the Internal Quality Assurance Cell (IQAC) of the college. The programme was aimed at promoting awareness about the benefits of yoga for physical and mental well-being among students and staff.

The programme was formally inaugurated by our respected OIC sir, Dr. Sibsankar Pal. The event was graced by the presence of the Honourable Chief Guest, Mr. Tanmay Sarkar, Yoga Instructor (Under AYUSH), Chapra-RH, Department of Health and Family welfare, Nadia. Yoga practitioner Mr. Madhu Sudan Halder (State level yoga judge) was also present. The event commenced with a brief talk on the importance of yoga, where both the speakers emphasized yoga's role in fostering a healthy lifestyle, reducing stress, and enhancing concentration. Following the talk, a guided yoga session was conducted by Mr. Tanmay Sarkar, who demonstrated various basic asanas and breathing techniques suitable for daily practice.

A total of 37 students from the college actively took part in the programme. Three external participants performed some extra ordinary yoga acts under the supervision of Mr. Madhu Sudan Halder which mesmerized the audience. The session witnessed enthusiastic participation, and the attendees expressed great interest in incorporating yoga into their daily routine.

The programme concluded with a vote of thanks and a collective pledge to adopt yoga as a regular practice for overall well-being.

*Sunit Kumar Das*  
23/06/25 *Rai* 23/06/25  
Jt. Convenors  
Games & Sports Subcommittee  
GGDC, Tehatta



*23/6/25*  
Officer-in-Charge

Government General Degree College, Tehatta  
Tehatta, Nadia

Officer-in-charge  
Govt. Gen. Degree College, Tehatta  
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# Photo Gallery of Observation of International Day of Yoga, 2025

