



SAHEED ANURUP CHANDRA MAHAVIDYALAYA

BURUL, SOUTH 24 PARGANAS, PIN- 743318

Affiliated to the University of Calcutta
Recognized by the University Grants Commission



Memo No. PRN/Notice/05/24/202

Date: 26.05.2024

NOTICE

Celebration of International Yoga Day 2024

We are pleased to announce a two-day program to celebrate International Yoga Day 2024 at Saheed Anurup Chandra Mahavidyalaya (SACM) during 20-21 June 2024.

The event is jointly organized by the “Yoga & Happiness Organization”, “Yoga & Wellness Centre of SACM” and NSS Unit of SACM, and the.

Event Details:

| DAY | Date | Event Type |
|-------|--------------|------------------------|
| DAY 1 | 20 June 2024 | Yoga Awareness Program |
| DAY 2 | 21 June 2024 | Yoga Competition |

Join us for an informative session on the benefits of yoga and wellness practices. Experienced instructors will guide participants through various yoga techniques and their significance for mental and physical health.

Participate in our Yoga Competition and showcase your skills. The competition will be open to all students. Prizes will be awarded to the top performers.

Registration Link:

https://docs.google.com/forms/d/1ya2CLVuvam59wdrVXC5skfVevkOUkfnQacHrbrn0ukA/viewform?chromeless=1&edit_requested=true

- *Please register in the above Google Form link for both events **within 18th June 2024.***
- ***Only Registered candidates will be given a token refreshment***

We encourage all **Students, Staff and ex-students** to participate actively and make the most of this opportunity to enhance their wellness and mindfulness.

Let's come together to celebrate health, happiness, and the spirit of yoga.

Prof(Dr.) Santanu Kumar Sen
Principal

Principal
Saheed Anurup Chandra Mahavidyalaya
Burul, South 24 Parganas

