



Vidyasagar College for Women

(NAAC ACCREDITED)

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No.

Date.....16.06.2025

NOTICE

Celebration of International Yoga Day – 21st June 2025

This is to inform all students, teaching, and non-teaching staff that International Yoga Day will be celebrated in our college on 21st June 2025 (Saturday) at 9:00 AM in the college auditorium (Bhagawatidevi Sabhagriha).

This year's theme, "**Yoga for Self and Society**," emphasizes how the ancient practice of Yoga not only enhances personal physical and mental well-being but also fosters harmony within communities and society at large.

Yoga, rooted in Indian tradition, is a holistic approach to health and wellness. It promotes balance between mind, body, and spirit, relieves stress, and improves concentration, resilience, and inner peace—especially vital in today's fast-paced world.

Vidyasagar College for Women, in its continuous commitment to holistic education, is proud to be a part of this global celebration. By observing Yoga Day, we aim to spread awareness about the benefits of Yoga and encourage its regular practice among students and staff for a healthier and more balanced life.

All are cordially requested to participate in the programme and make it a grand success. Participants are advised to come in comfortable attire suitable for Yoga practice and carry their own Yoga mats.

Let us join together to celebrate wellness and unity through Yoga.

Dr. Sutapa Ray

Principal

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