

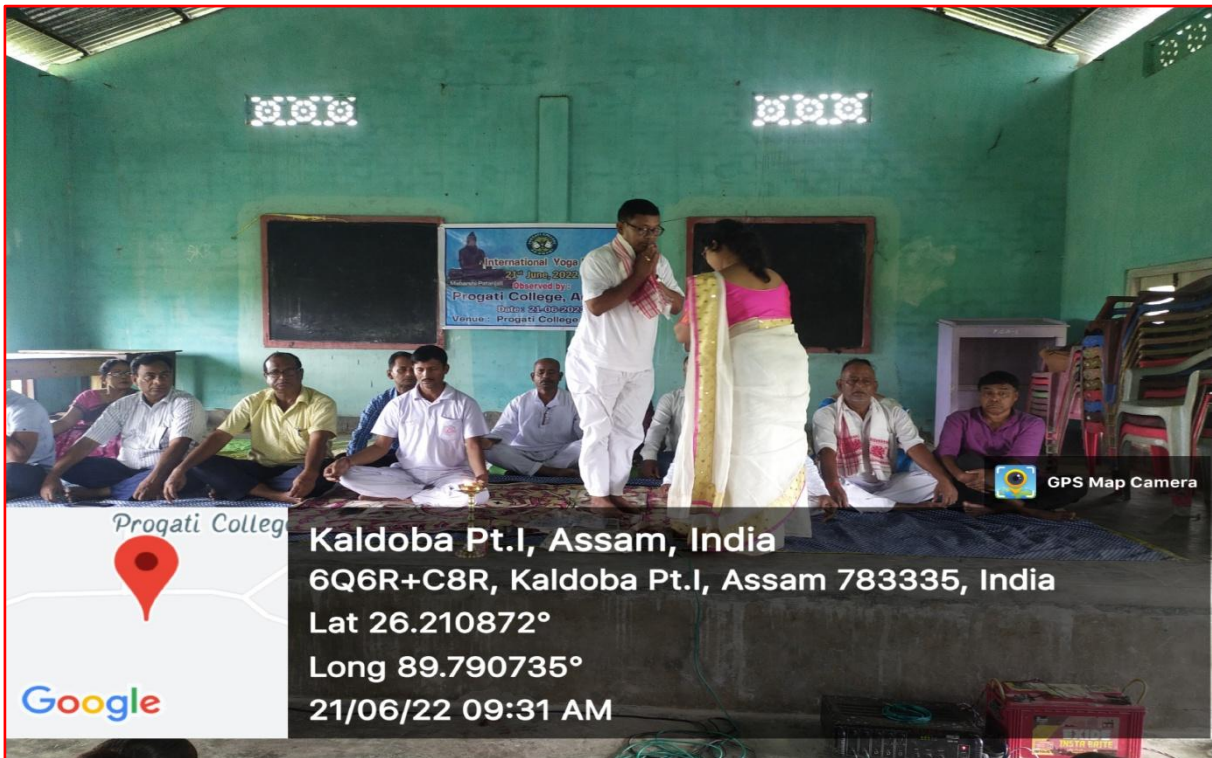
**Celebration of  
8<sup>th</sup> International Yoga Day  
21<sup>st</sup> June, 2022**

**Organized by: IQAC, Progati College, Agomani**  
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The “**International Yoga Day**” which has a broad impact all over the world impressed by the Government of India, has been celebrated in our college auspiciously. The “**Yoga**”, a performance of peaceful union of mind and body very essential for the healthy mind and healthy body out of any other mental sickness has been introduced in India ancient tradition of Hinduism by **Maharishi Patanjali** sent by **God Bishnu** to give the knowledge of cure from mental sickness in the earth. Keeping in mind “**Yoga**” as a preventive medicine of mental and physical sickness, the college initiates it as a “**One Year Diploma Course**” and “**Yoga**” classes every Saturday of the week through which students and the people of the surrounding will be inspired and apply the process for building a healthy society with purity and innocence.

Moreover, the “**Yoga**” classes has been included in the class routine as a co-curriculum activity and has been accomplishing properly. The college also decides to celebrate “**International Yoga Day**” on 21<sup>st</sup> June every year as an annual programme of the institution.

The celebration has been inaugurated by the college president Mr. Jagannath Paul lighting the lamp of clarified butter. After lighting the lamp reception session is held. In the session the district president of Yoga Unit Mr. Manindra Nath Roy, college president Mr. Jagannath Paul and some other guests are honoured with **Phulam Gamocha**. Later on , for an hour Yoga has been practiced under the instruction of Yoga district president Mr. Manindra Nath Roy. His valuable advices relating to mental health and peaceful mind influences very much the students, the teachers and the villagers surrounding of the college.





  
Principal  
Prograti College, Agomani