



GOVERNMENT GENERAL DEGREE COLLEGE SINGUR

OFFICE OF THE PRINCIPAL

HIGHER EDUCATION DEPARTMENT ♦ GOVERNMENT OF WEST BENGAL

Affiliated to The University of Burdwan & Approved by UGC under Section 2(f) & 12(B) of UGC Act, 1956

Accredited with NAAC (1st Cycle) Grade-B+

At: Jalaghata, PS & PO. : Singur, Dist : Hooghly, West Bengal, PIN : 712409

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ESTD: 2013

Date: 12/06/2026

NOTICE No. 32/26/GGDCS(N)

In response to the Message from the Higher Education Department, Govt of West Bengal dated 10th June 2026, regarding CELEBRATION OF INTERNATIONAL YOGA DAY-2026 on **21th JUNE 2026 (SUNDAY)**, we have decided to celebrate it on 18th June 2026 (THURSDAY) at 12 NOON on the 1st Floor Seminar Hall instead of 21st June (due to NEET re-Exam schedule on 21st June 2026). Students, staff and Alumni are requested to attend and celebrate INTERNATIONAL YOGA DAY-2026. HOD of our Philosophy Department and NSS Programme Officer are requested to organize the said programme in collaboration with IQAC. NSS Programme Officer is also requested to train NSS unit students at least 7 days before (as per HED message).


(DR. SUBHASIS PANDA)
PRINCIPAL

**Govt. General Degree College, Singur
Higher Education Department
Govt. of West Bengal
Singur, Hooghly-712409**



सत्यमेव जयते

— CELEBRATION OF —
**INTERNATIONAL
YOGA DAY**
2026

Yoga for One Earth, One Health

*Let us unite for a healthier body, a calmer mind
and a harmonious life.*



DATE

18th June 2026
(Thursday)



TIME

01:00 PM
onwards



VENUE

Seminar Hall
Government General
Degree College

“
Yoga is not just exercise,
it is a way to discover the sense
of oneness with yourself,
the world and the nature.

— **Narendra Modi**
Prime Minister of India

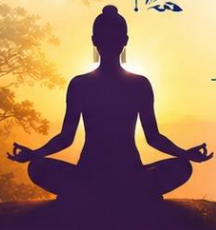
GOVERNMENT GENERAL DEGREE COLLEGE, SINGUR

All are Cordially Welcome

In Collaboration with
— IQAC —

— Organised by —

DEPARTMENT OF PHILOSOPHY



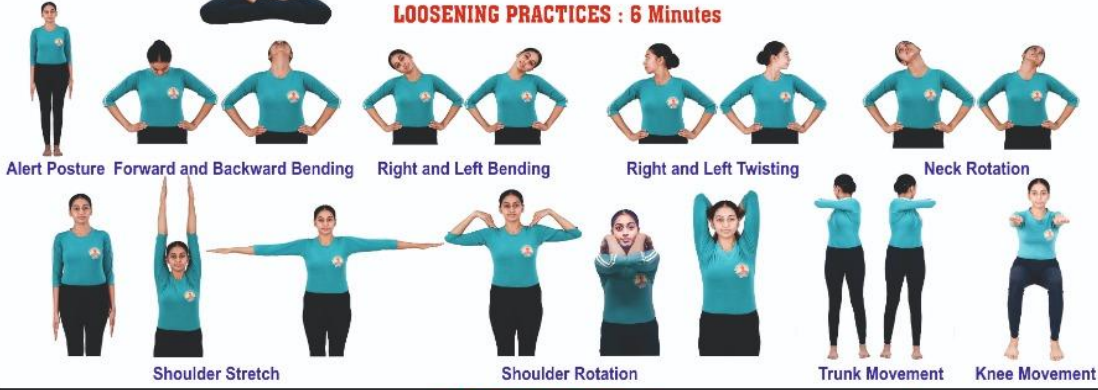
Common Yoga Protocol (CYP) 45 minutes

PRAYER : 1 Minute



ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||

LOOSENING PRACTICES : 6 Minutes



YOGĀSĀNAS : 25 Minutes



KRĪYA, PRĀṆĀYĀMA, DHYĀNA, SAṆKALPA : 12 Minutes



Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhinaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantur,
Mā kaścit Duḥkha Bhāgbhavet
ॐ Śāntiḥ Śāntiḥ Śāntiḥ