



Web: www.asannagarcollege.com  
 Email: collegemtm@gmail.com



Ph. no: 03472 - 264400 (office)  
 Fax: 03472 - 264400

ESTD : 2007

# ASANNAGAR MADAN MOHAN TARKALANKAR COLLEGE

56 Majhdia Road, P.O. - Asannagar, Nadia, Pin - 741161

NAAC ACCREDITED 2<sup>nd</sup> Cycle Grade - B

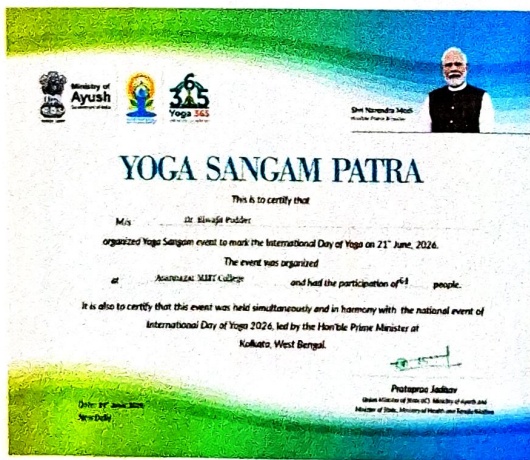
(Affiliated to the university of Kalyani & Approved by the UGC under section 2(f) & 12B)

## BRIEF REPORT ON THE OBSERVANCE OF 12th INTERNATIONAL DAY OF YOGA-2026

Date: 21.06.2026

Time: 6.30 a.m.

Asannagar Madan Mohan Tarkalankar College observed International Yoga Day 2026 on 21st June 2026 at the college ground from 6:30 a.m. to 8:00 a.m. in accordance with the directives of the Government of West Bengal. The programme was organised by the Department of Physical Education and NSS Unit of Asannagar Madan Mohan Tarkalankar College on the theme "Yoga for Healthy Ageing." The event commenced with the welcome and felicitation of the respected Dr. Bisawajit Podder, Teacher-in-Charge, who highlighted the relevance of incorporating yoga into hectic academic schedules. A total of 64 NSS volunteers, NCC cadets, students, and faculty members of this college participated in this grand occasion with great enthusiasm. The event was attended by all the teaching and non-teaching staff and by nearly 30 students from different departments of the college. The yoga session was conducted following the Common Yoga Protocol (CYP). Participants performed various yogic practices, including warm-up exercises, Tadasana (Mountain Pose), Bhujangasana (Cobra Pose), Pranayama, and a guided meditation session. The activities helped to promote awareness about healthy living and stress management. The entire programme was hosted and moderated by Sri Uttam Kumar Barman, SACT, Department of Physical Education. The success of the event is largely credited to his sincere efforts and coordination. The event ended with great success and encouraged participants to adopt yoga as a regular part of their daily lives. The programme concluded with the distribution of healthy refreshments to the students. Relevant geo-tagged photos are attached below and in a separate sheet also.



*F.A. Podder*  
 21/06/2026  
 Teacher-in-Charge  
 Asannagar Madan Mohan Tarkalankar College  
 Asannagar, Nadia, W.B., Pin-741161



Web: [www.ammtcollege.com](http://www.ammtcollege.com)  
 Email: [collegemmt@gmail.com](mailto:collegemmt@gmail.com)

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 Fax: 03472 - 264400

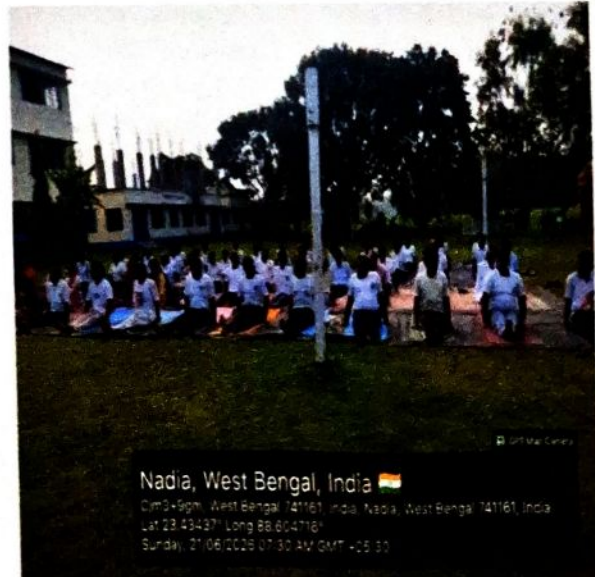
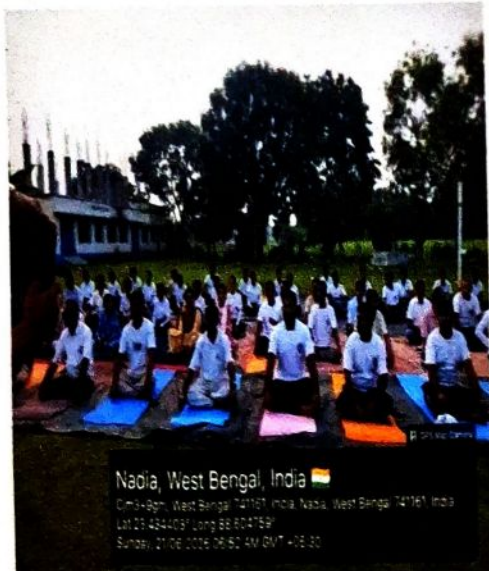
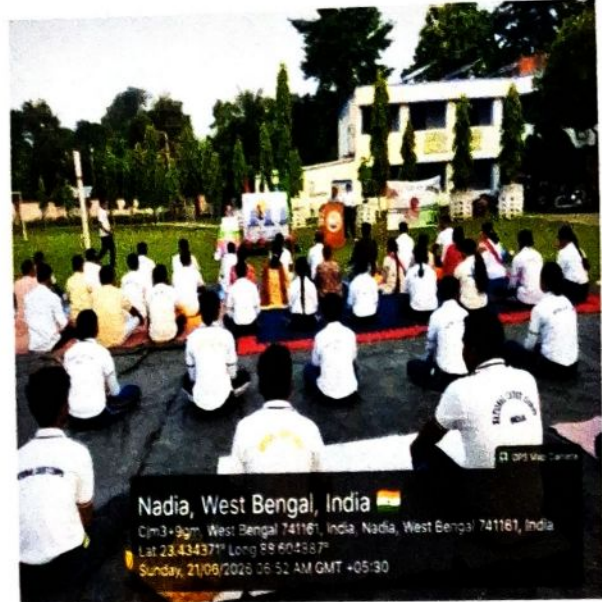
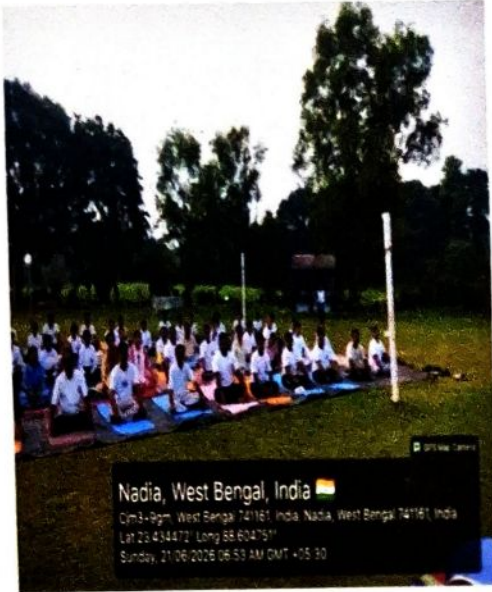
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*Handwritten signature*  
 21/06/26

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