

**Azad Hind Fouz Smriti Mahavidyalaya  
Domjur, Howrah**



**Yoga Club and NSS**  
in collaboration with IQAC  
celebrate

**“International Day of Yoga”**



**21 June, 2024 : Yoga for Self and Society**

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College and Locality of Domjur, Howrah

21.6.2024

11 AM



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The **Yoga Club** and **NSS**, in collaboration with the **IQAC**, will organize **International Day of Yoga** on 21<sup>st</sup> June, 2024.

**International Day of Yoga** is celebrated every year on 21<sup>st</sup> June following its adoption by the United Nations in 2014 to spread awareness of the positive impact of Yoga on individuals and the community. June 21 also marks the longest day of the year in the Northern Hemisphere. This day signifies light and the shift to *Dakshinayana*, which is an auspicious time in Indian culture.

**Yoga Day Programme Schedule:**

- 11:00 am: Inauguration
- 11:15 am: Lecture on Yoga and Yoga Demonstration by Smt. Bandana Baidya, Department of Education
- 11:45 am: Yoga Workshop (Yoga Demonstration by Students)
- 12:30 pm: Poster-Making Competition on Yoga
- 1:00 pm: Preparation and Presentation of short videos on Yoga
- 1:30 pm: Yoga Awareness Rally by students and teachers of the College to generate public awareness on Yoga

**Points to Note:**

All participants (students and teachers) are to dress in white for Yoga Day Programme

Attendance is Compulsory for all students of Yoga Club