



ANUGRAH MEMORIAL COLLEGE, GAYA

(A Constituent Unit of Magadh University, Bodh Gaya, Bihar)



योग: चित्तवृत्ति निरोधः

**NSS Unit is Organizing Two Day Event
on the occasion of**

“INTERNATIONAL YOGA DAY”

You are Cordially Invited to attend the event on

20 June, 2021 at 07:00 a.m.: Yoga Training

21 June, 2021 at 01:00 p.m. : Webinar on Yoga & Wellbeing

Join Zoom Meeting :

[https://us05web.zoom.us/j/81692363026?pwd=OEIaa3BwUHVNRkVvdH
pEVkpNVjBsUT09](https://us05web.zoom.us/j/81692363026?pwd=OEIaa3BwUHVNRkVvdHpEVkpNVjBsUT09)

Meeting ID: 816 9236 3026

Passcode: AMCWEB



Registration Link



Webinar Link

With best compliments from



Dr. Shweta Singh
NSS Program Officer



Sri Aanad Kumar
Key Note Speaker



Prof. (Dr.) M. S. Islam
Principal

To Register for the Webinar, Kindly fill out this form:

<https://forms.gle/8hcYHyXzYUboxA4R7>

Note: E-Certificates will be issued to the participants.

CONCEPT NOTE

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word yoga derives from Sanskrit word “Yoj” that means to join to unite. Recognizing its universal appeal on 11 December 2014 the United Nations proclaimed 21 June as the International Yoga Day. The proposal was first introduced by Prime Minister Narendra Modi in his address during the opening of 69th session of the General Assembly and endorsed by a record 175 member state.

THE INTERNATIONAL YOGA DAY aims to raise awareness world wide of the many benefits of practicing Yoga.

TRAINING SCHEDULE

Time	Programme
06:55 AM	Join Online (Google Meet)
07:00 AM	Introduction: Abhishek Kumar Mishra, Asst. Professor, Mathematics
07:05 AM	Yoga Activity: Ms. Kriti Sharma, Yoga Instructor
07:25 PM	Vote of Thanks: Dr. Shweta Singh, N.S.S. Program Officer cum Head, Department of Philosophy
07:30 PM	National Anthem

WEBINAR SCHEDULE

Time	Programme
12:55 PM	Join The Meeting (Zoom)
01:00 PM	Introduction: Mr. Navneet Priye, Head, Business Studies
01:05 PM	Presidential Address: Prof. (Dr.) M. Shamsul Islam, Principal
01:30 PM	Speech: Dr. Shweta Singh, N.S.S. Program Officer cum Head, Department of Philosophy
01:55 PM	Key Note Speaker: Sri Aanad Kumar, N. D., Y. D.
02:30PM	Conclusive Remarks and Vote of Thanks: Dr. Amritendu Ghosal, IQAC Coordinator cum Head, Department of English
02:40 PM	National Anthem

* Anchoring: **Mr. Navneet Priye, Head, Department of Business Studies**

* Technical Support: **Mr. Mukesh Kumar, Department of Education**