

HOOGHLY MOHSIN COLLEGE
(Established in 1836)
Chinsurah, Hooghly, West Bengal

NOTICE

No. 172/2026

Date: 19-06-2026

All teaching and non-teaching staff members and students of Hooghly Mohsin College are hereby informed that the College will observe the **International Day of Yoga 2026** on **21 June 2026 (Sunday)** at the College campus.

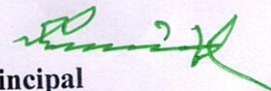
The programme will be conducted in accordance with the **Common Yoga Protocol (CYP)** prescribed by the **Ministry of Ayush, Government of India**. All participants are requested to assemble at the designated venue within the College campus **sharp at 6:30 A.M.**

All are encouraged to participate actively in this event and contribute to promoting the message of health, harmony, and well-being through the practice of yoga.

Date of Programme: 21 June 2026 (Sunday)

Time: 6:30 A.M. sharp

Venue: Hooghly Mohsin College Campus.


Principal
Hooghly Mohsin College
Chinsurah, Hooghly
Principal
Hooghly Mohsin College

Himangshu Barman
19.06.2026
Convener,
Sports - sub committee

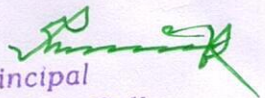
HOOGHLY MOHSIN COLLEGE
OBSERVATION OF THE INTERNATIONAL DAY OF YOGA

YOGA SANGAM

On 21/06/2026 (Sunday) at 6:30 am

PROGRAMME SCHEDULE:

1. Prayer at 6:30 am
2. Loosening Practice:- (6:40 am – 7:00 am)
 - a) Neck Bending
 - b) Trunk Twisting
 - c) Knee Movement
3. Yogasanas:- (7:05 am – 7:30 am)
 - a) Tadasana
 - b) Pada-hastanasana
 - c) Ardha-Chakrasana
4. Sankalpa: 7:30 am onwards.


Principal
Hooghly Mohsin College

Himangshu Barma
19.06.2026