



GOKHALE MEMORIAL GIRLS' COLLEGE

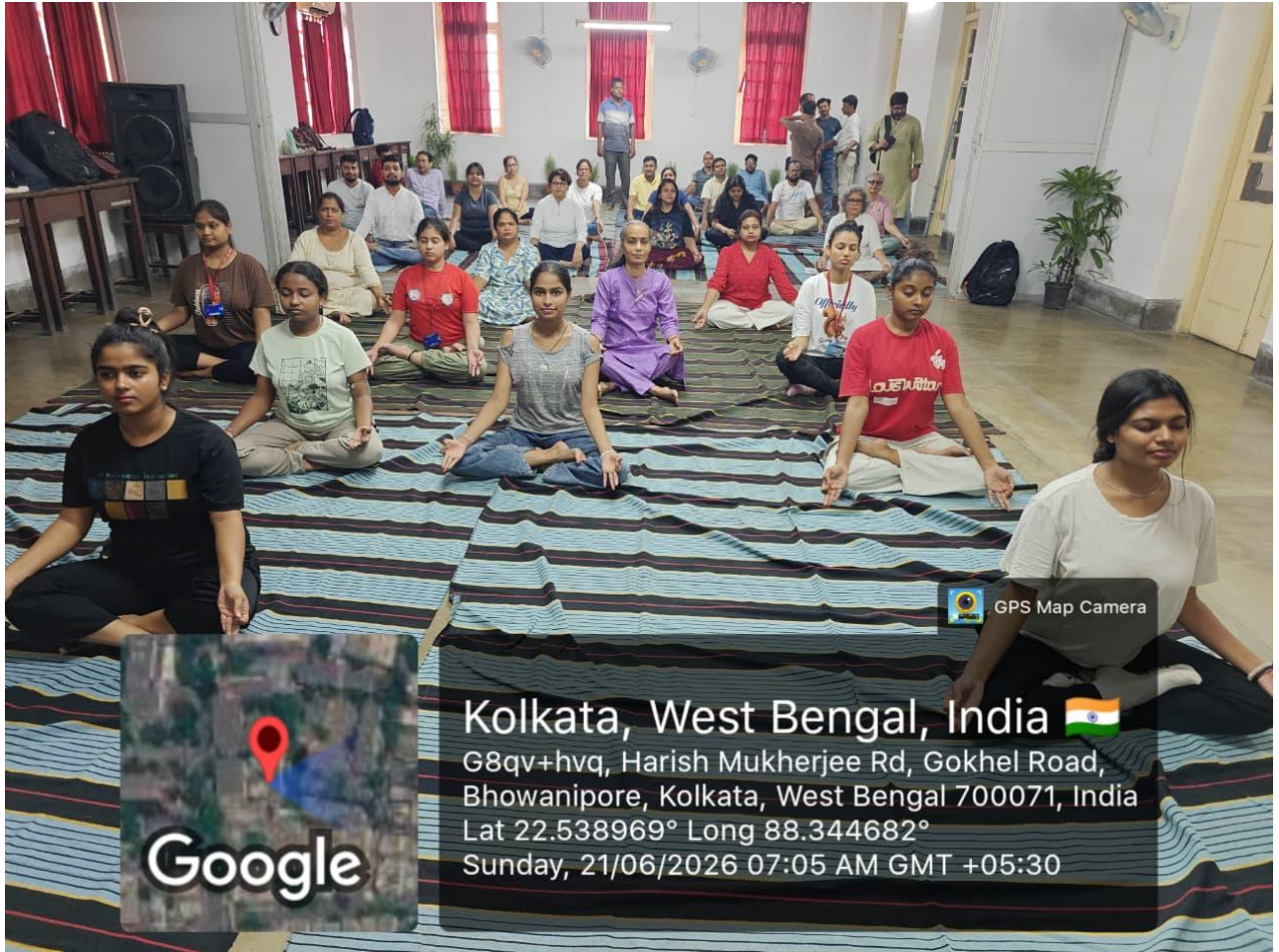
Activity Report of 12th International Day of Yoga-2026

1. **Name of the Activity: Celebration of 12th International Day of Yoga**
2. **Organised by: Gokhale Memorial Girls' College**
3. **Aim of the:** To promote physical, mental, and emotional well-being among students, teachers, and staff members.
4. **Date: 21.06.2026**
5. **Duration in hours: Two hours approximately.**
6. **Number of Participants (approximate): 40, including students, teaching & non-teaching staff**
7. **Sponsoring agency: : Gokhale Memorial Girls' College, under the able guidance of Govt of India, Ministry of Ayush**
8. **Sponsored amount: 1500**
9. **Outcome of the Special Lecture:** The celebration of the 12th International Day of Yoga successfully created awareness among participants about the importance of yoga in maintaining physical, mental, and emotional well-being. The programme encouraged students and staff members to adopt yoga as a regular practice for leading a healthier and more balanced lifestyle. Participants gained practical knowledge of various yoga postures, breathing techniques, and meditation exercises that can help reduce stress, improve concentration, and enhance overall fitness. The event also promoted discipline, self-awareness, and a sense of collective responsibility towards achieving holistic health and well-being. Overall, the programme motivated the participants to integrate yoga into their daily lives and contributed to fostering a culture of health, harmony, and mindfulness within the institution.



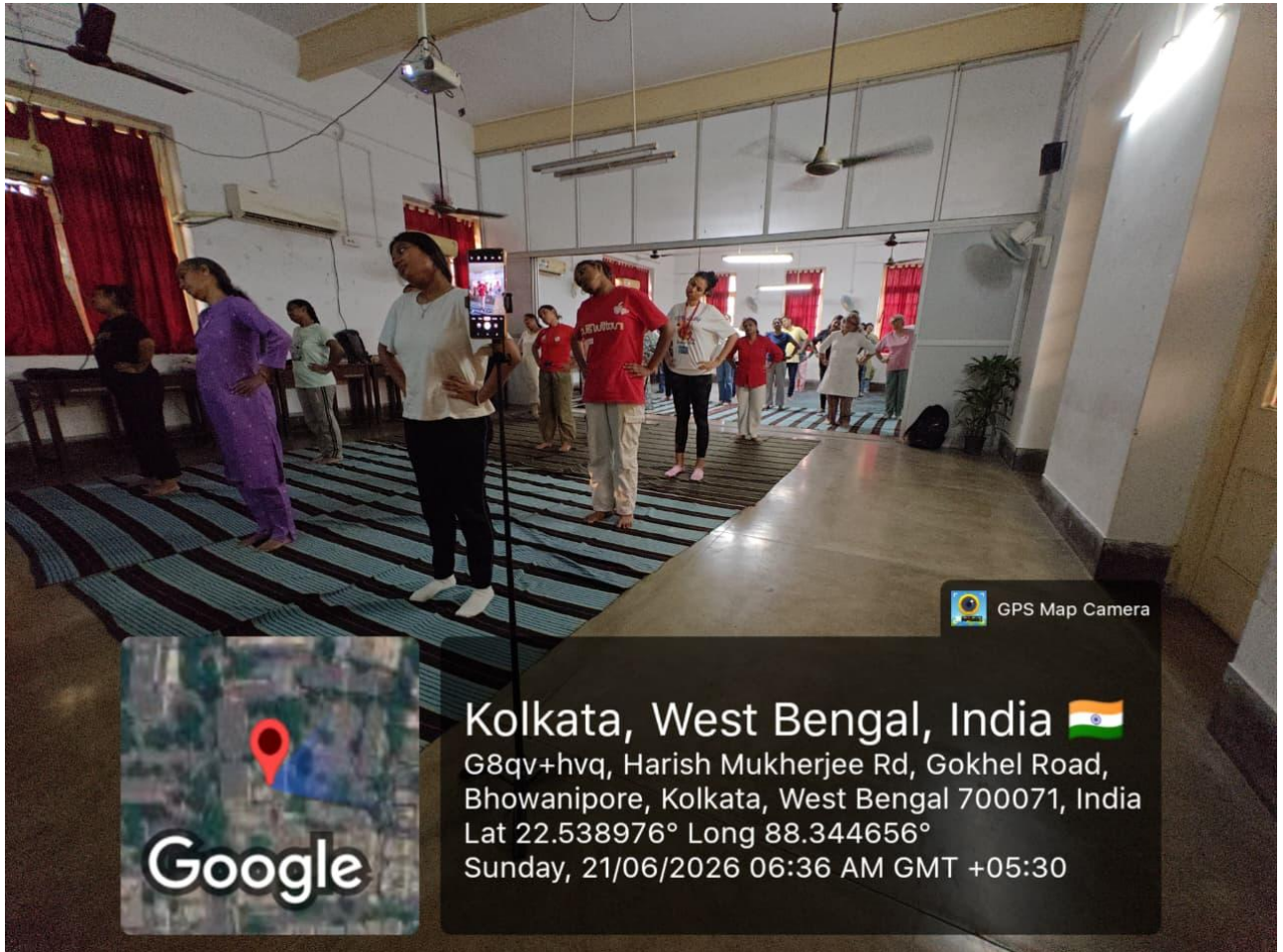
GOKHALE MEMORIAL GIRLS' COLLEGE

10. Pictures:





GOKHALE MEMORIAL GIRLS' COLLEGE



GPS Map Camera



Kolkata, West Bengal, India 🇮🇳
G8qv+hvq, Harish Mukherjee Rd, Gokhel Road,
Bhowanipore, Kolkata, West Bengal 700071, India
Lat 22.538976° Long 88.344656°
Sunday, 21/06/2026 06:36 AM GMT +05:30



GOKHALE MEMORIAL GIRLS' COLLEGE



Shri Narendra Modi
Hon'ble Prime Minister



YOGA SANGAM PATRA

This is to certify that

M/s Gokhale Memorial Girls' College

organized Yoga Sangam event to mark the International Day of Yoga on 21st June, 2026.

The event was organized

at College premises and had the participation of ³⁷ people.

It is also to certify that this event was held simultaneously and in harmony with the national event of International Day of Yoga 2026, led by the Hon'ble Prime Minister at Kolkata, West Bengal.

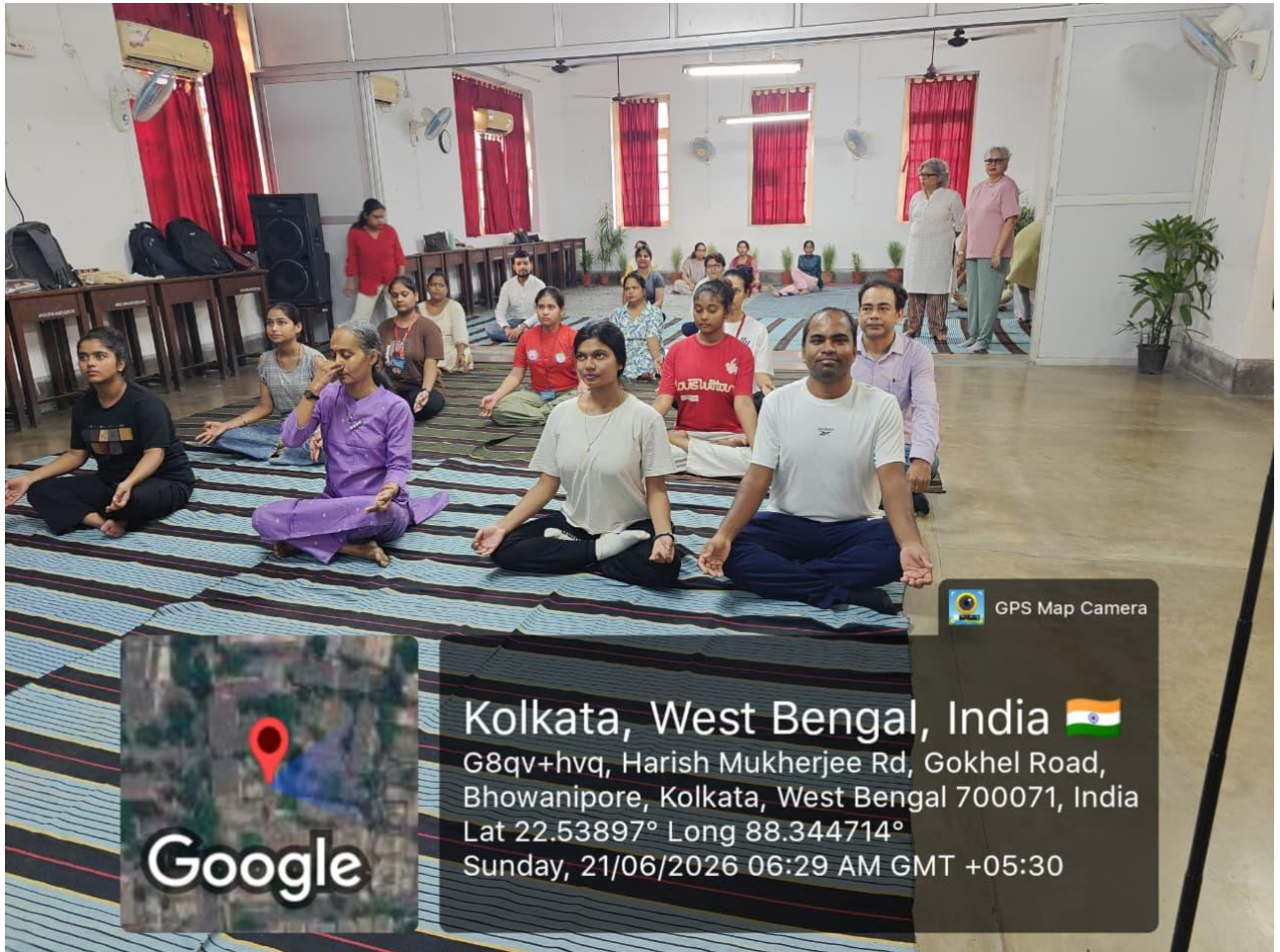
Prataprao Jadhav

Union Minister of State (IC), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June, 2026
New Delhi



GOKHALE MEMORIAL GIRLS' COLLEGE





GOKHALE MEMORIAL GIRLS' COLLEGE



GOKHALE MEMORIAL GIRLS' COLLEGE

organizes

Celebration of the

12TH INTERNATIONAL DAY OF YOGA

YOGA FOR HEALTHY AGEING

in partial fulfillment for participation in
INTERNATIONAL YOGA DAY
21ST JUNE, 2026



“
Yoga is the journey
of the self,
through the self,
to the self.
”



VENUE:
LT2 and LT3
(Main Building)



DATE:
21ST JUNE, 2026



TIME:
6.30 AM
ONWARDS



**COME, JOIN US
AND EMBRACE
A HEALTHIER,
HAPPIER YOU!**

Breathe. Stretch. Strengthen. Shine.

