



# RAMAKRISHNA MISSION VIDYAMANDIRA BOSE HOUSE CAMPUS

A Cultural & Educational Center

*A Unit of Ramakrishna Mission Saradapitha*

103, G.T. Road, P.O. – Rishra, P.S. – Rishra, District – Hooghly, Pin – 712248, West Bengal

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## International Day of Yoga 2026 Observance

The **International Day of Yoga** was observed on **21 June 2026** at the Bose House Campus of Ramakrishna Mission Vidyamandira. The programme was jointly organized by Ramakrishna Mission Vidyamandira, Bose House Campus, and Ritambhara Prajna, with the active participation of 55 students.

The event commenced with a session of Yogasanas and Pranayama conducted under expert guidance. This was followed by an interactive discussion on the significance of yoga and its relevance in contemporary life. Resource persons **Sri Prasenjit De** and **Dr. Asim Kumar Ghosh** shared valuable insights on the physical, mental, and spiritual benefits of regular yoga practice.

Certificates of participation were awarded to all participating students. In recognition of the successful observance of the programme, a Certificate of Appreciation was also received from the **Ministry of AYUSH, Government of India**.

The programme was successfully conducted and helped promote awareness about healthy living, mental well-being, and holistic self-development through yoga.

Principal

**SWAMI MAHAPRAJNANANDA**  
Principal  
Ramakrishna Mission Vidyamandira  
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Campus In-charge

**SWAMI UMAPADAWANDA**  
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