



SAGAR MAHAVIDYALAYA

Affiliated to the University of Calcutta, Under 2 (f) & 12 (B) of UGC, NAAC Accredited.

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Memo No.-

201/PRIN/SAGAR(M)/IDY/2025-26

Date 16.6.2026



Notice

The 12th International Day of Yoga will be observed at Sagar Mahavidyalaya from 6:30 am to 7:45 am on 21st June 2026 (Sunday). All faculty members, staff members, and students are hereby requested to attend the event during this specified time.

For your practice, the Common Yoga Protocol (CYP) materials—consisting of instructional pictures and videos—are enclosed herewith. You can also access video directly via the official website (<https://yoga.ayush.gov.in/CYP/indian-languages>): Ministry of Ayush, Government of India.

The corresponding directive from the Government of West Bengal is attached for reference.

Dr. Surajit Bari
16.6.2026

Dr. Surajit Bari
Principal
Sagar Mahavidyalaya

Principal
Sagar Mahavidyalaya
Harinbari, Sagar, South 24 Pgs., Pin-743373



Ministry of Ayush
Government of India



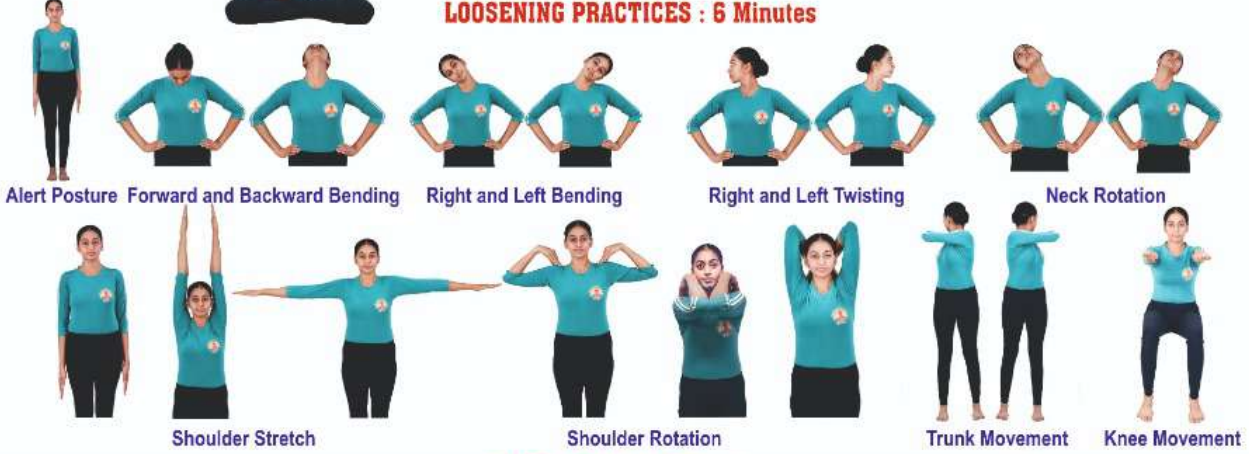
Common Yoga Protocol (CYP) 45 minutes

PRAYER : 1 Minute

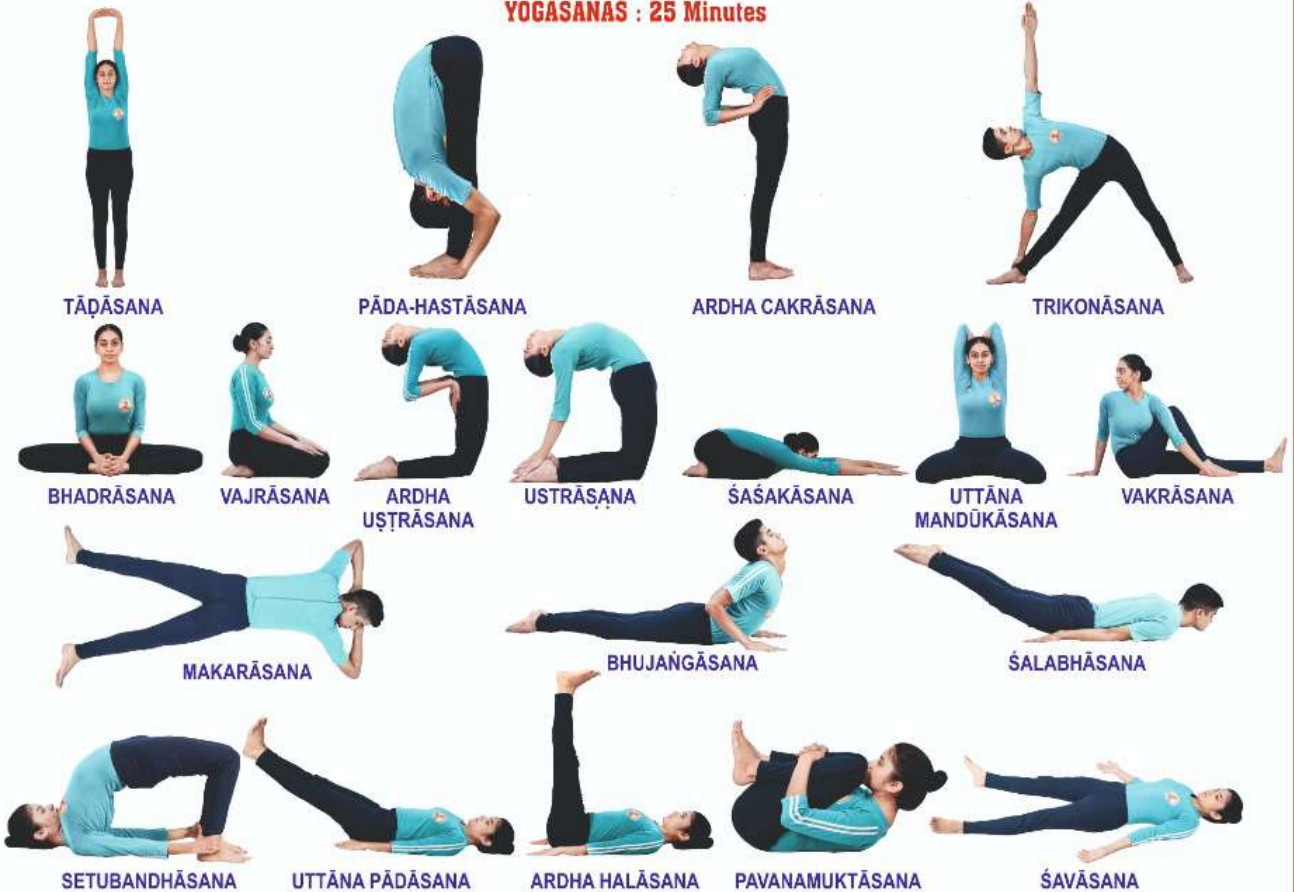


ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||

LOOSENING PRACTICES : 6 Minutes



YOGĀSANA : 25 Minutes



KRIYA, PRĀṆĀYĀMA, DHYĀNA, SĀṆKALPA : 12 Minutes



Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhinaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāni Paśyantu,
Mā kaścit Duḥkha Bhāgbhavet
ॐ Śāntiḥ Śāntiḥ Śāntiḥ



Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India

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Common Yoga Protocol (CYP)

Video Link

Click on the following link for practice

<https://www.youtube.com/watch?v=5OMEMTI38gY>



**Office of the Chief Secretary
Government of West Bengal**

No. 189/2026

Dated: 14/06/2026

ORDER

The 12th International Day of Yoga will be observed on 21st June, 2026 across the country to promote awareness regarding the importance of yoga for physical and mental well-being.

In this connection, it has been decided that all officers and employees, including permanent, contractual, part-time, daily-wage/casual workers, outsourced personnel, and personnel engaged on honorarium basis, of the State Government, PSUs, autonomous bodies, and local bodies shall observe the occasion by participating in the programme on 21.06.2026 from 6:30 am to 7:45 am from their respective offices/ place of stay/ Red Road & Milan Mela, if nominated.

All Heads of Departments, Divisional Commissioners, District Magistrates, and other Heads of Offices shall ensure participation of all personnel as detailed above without fail.

(Manoj Kumar Agarwal)
Chief Secretary to the
Govt. of West Bengal

No. 189/1(8)/2026

Dated: 14/06/2026

Copy forwarded for information and necessary action to:

1. Advisor to Hon'ble Chief Minister, Government of West Bengal
2. All Heads of Departments, Government of West Bengal
3. Secretary to the Hon'ble Governor, West Bengal
4. All Divisional Commissioners
5. All District Magistrates
6. Private Secretary to the Hon'ble Chief Minister, Government of West Bengal
7. Sr. P.S. to the Chief Secretary, Government of West Bengal
8.

(Avadh Singhal)
OSD to the Chief Secretary