

NOTICE

All teaching and non-teaching staff members are hereby informed that International Yoga Day will be observed at Rabin Mukherjee College on 21st June, 2026. They are requested to be present and participate in the programme.

Principal

Rabin Mukherjee College



Ministry of Ayush
Government of India



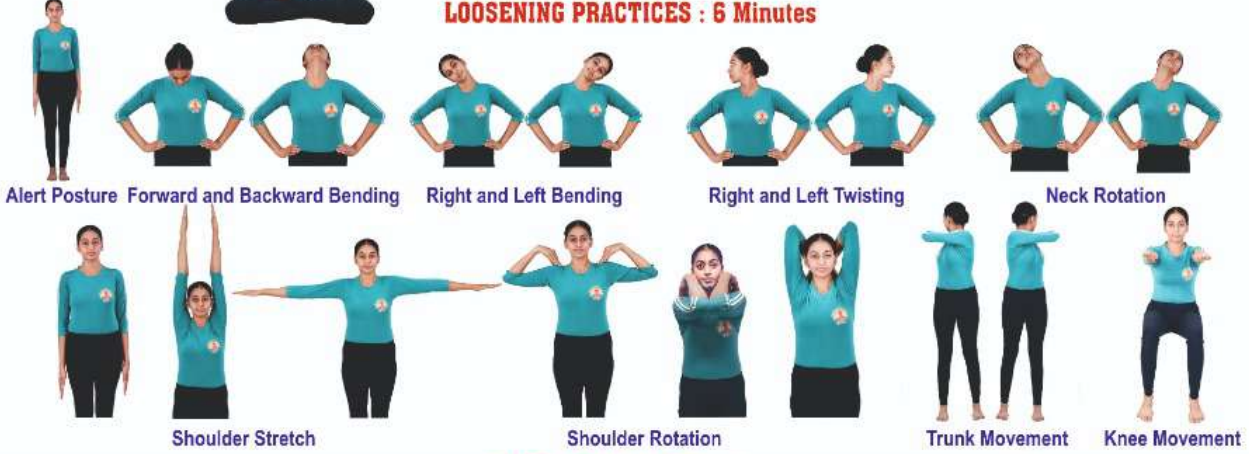
Common Yoga Protocol (CYP) 45 minutes

PRAYER : 1 Minute

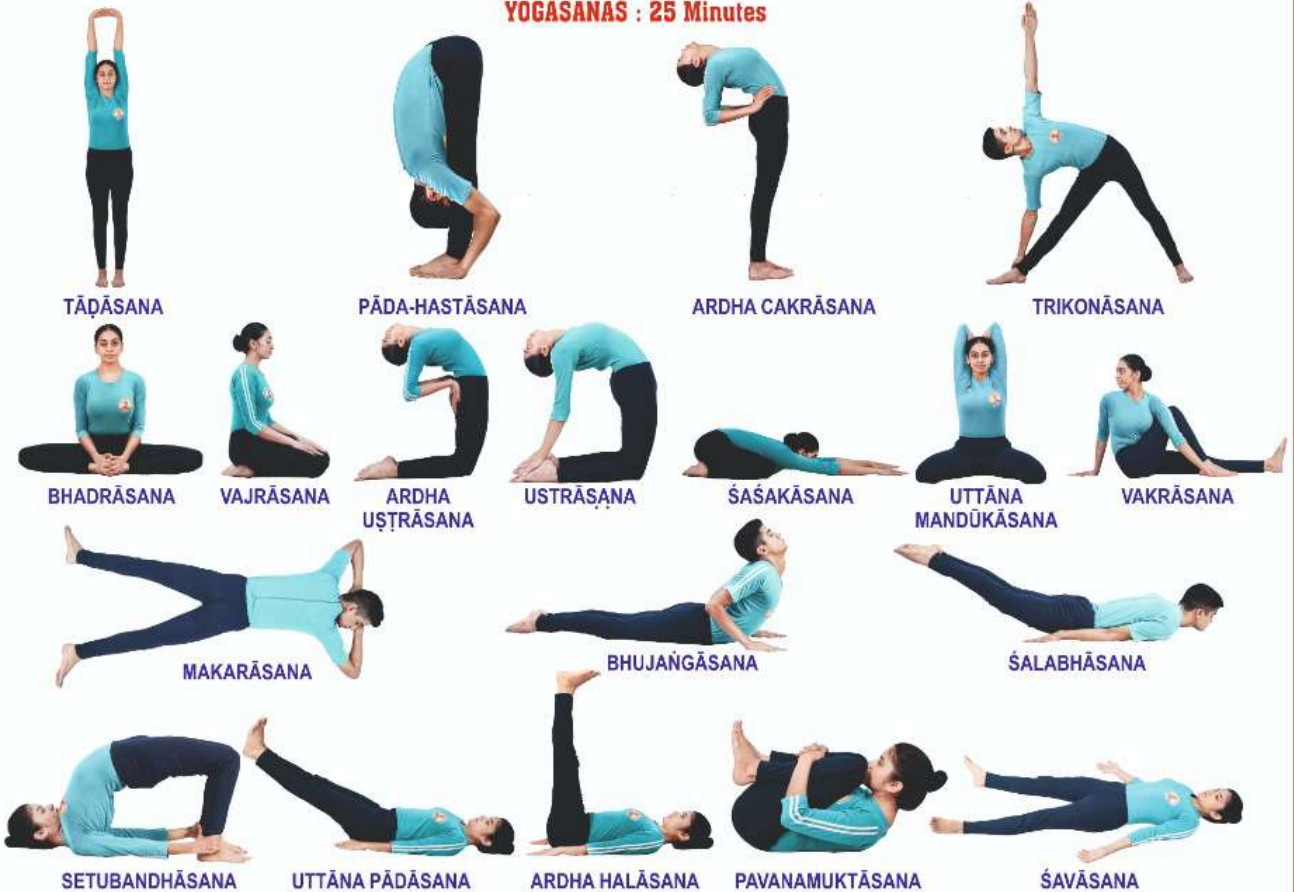


ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||

LOOSENING PRACTICES : 6 Minutes



YOGĀSANAS : 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



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