



Mobile : 7001775112


DHUPGURI GIRLS' COLLEGE

DHUPGURI * JALPAIGURI * PIN-735210

E-mail : dhupgurigirlscollege1@gmail.com * Website : www.dhupgurigirlscollege.ac.in

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Ref. No..... Date 21.06.24

Notice

Date:

Subject: Invitation to Attend

Dear Volunteers,

This is to inform you that the NSS Unit of Dhupguri Girls' College is organizing a program titled Yoga for Stress-free Life on 22.06.24. The event will take place at Main Campus, DGC from 8 P.M. onwards.

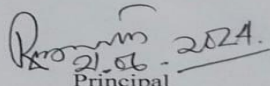
We extend a warm invitation to all volunteers participate in this program and make it a success. Your presence and active involvement are highly appreciated and valued.

For any queries or further information regarding the program, please feel free to contact Amina Parvin, Assistant Professor and NSS Program Officer, Dhupguri Girls' college

We look forward to your enthusiastic participation.

Thank you.

Sincerely,
AP 21/06/24
AMINA PARVIN
Program Officer,
Dhupguri Girls' College NSS Unit


Principal
Dhupguri Girls' College

Phone number 7908581466


Principal
Dhupguri Girls' College
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Dhupguri Girls 'college NSS unit

Date 22,06,2024

Dhupguri Girls' College NSS Unit has organized a seven-day yoga program. Today, volunteers engaged in specialized yoga practices aimed at enhancing concentration and reducing exam stress, beneficial for their upcoming exams. Techniques such as Anulom Vilom, Bhramari Pranayama, padma sana and Shavasana were practiced to help release exam-related stress. The program also included children from the adopted village, who participated actively, learning various yoga postures and breathing techniques. The event concluded with positive feedback and a commitment to continue the practice as the final exams on June 25, 2024, approach.


Principal
Dhupguri Girls' College
Dhupguri & Jalpaiguri



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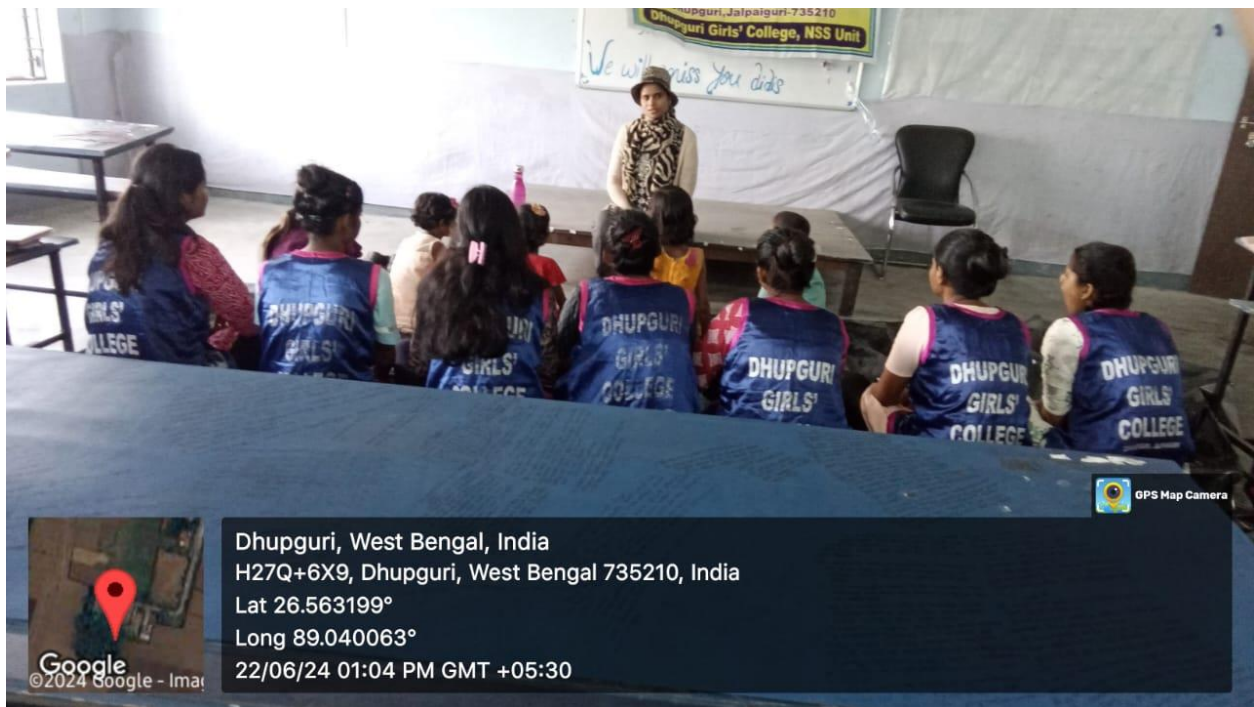
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Picture



Ronita
Principal
Dhupguri Girls' College
Dhupguri & Jalpaiguri



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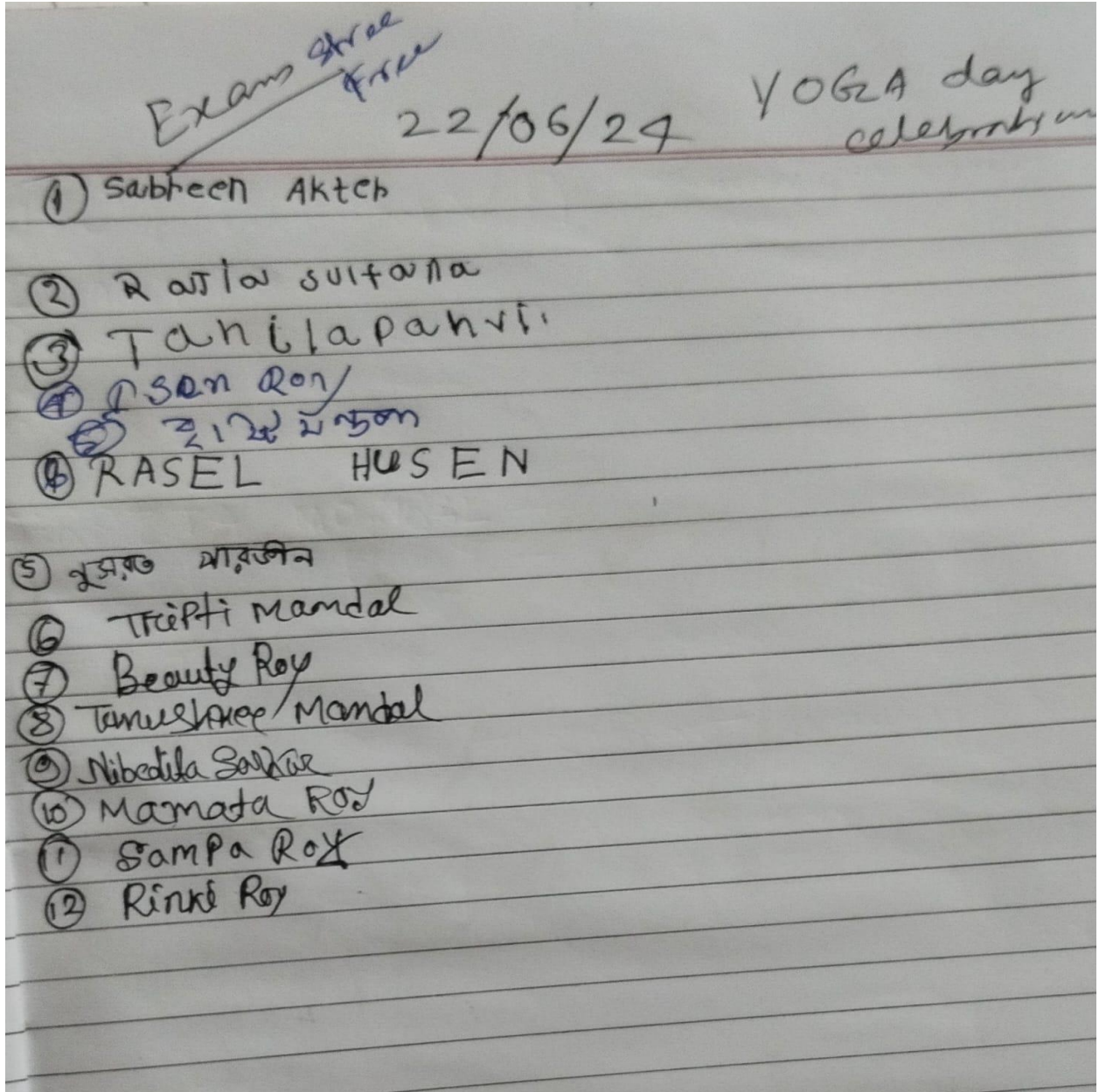
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