

GURU NANAK INSTITUTE OF PHARMACEUTICAL SCIENCE & TECHNOLOGY

157/F Nilgunj Road, Panihati, Kolkata -700114

Ref No: GNIPST/Nabachetana Yoga/ Mediation Club/ 41000/2026/

Date: 08.06.2026

NOTICE

Celebration of International Yoga Day 2026 on 21st June promoting “Yoga for Healthy Ageing”

Guru Nanak Institute of Pharmaceutical Science and Technology is organizing a “**One-Day National Workshop** on Yoga and Meditation” based on the international theme “Yoga for healthy ageing” in Offline Mode on 21st June, 2026 on the occasion of “International Yoga Day 2026” commencing from 8:00 am. The event is being conducted by the Nabachetana Yoga and Meditation Club of Guru Nanak Institute of Pharmaceutical Science and Technology.

Participants are advised to bring their own yoga mat for the smooth conduction of the event.

Programme Outline

- Introduction to Yoga, with a focus on its role in promoting healthy aging and mental well-being by **Dr. Anirban Bhunia from Bose Institute**
- Demonstration and performance of selected yoga postures (asanas) suitable for maintaining physical fitness and flexibility by **Dr. Debabrata Ghosh Dastidar**
- Conductance of interactive discussion on the importance and benefits of meditation for stress management, mental health, and overall wellness by **Swamiji from International Vedanta Society**
- Guided meditation session to help participants experience relaxation, mindfulness, and inner calm conducted by **Swamiji from International Vedanta Society**
- Concluding remarks and participant interaction session.

Interested students can participate by registering online using the following QR code:



- Last date for registration is **12th June, 2026**
- Participants will be awarded with certificates.
- Students will earn credit points for MAR activities.

Member Secretary

Nabachetana Yoga and Meditation Club GNIPST

