

ডোমকল গার্লস্ কলেজ

স্থাপিত-২০১১

ডোমকল, মুর্শিদাবাদ, ৭৪২৩০৩

ই-মেইল: domkalgirlscollege@gmail.com

ফোন নং: ০৩৪৮১-২৩০১৪৯ / M-৭৪০৭০০০৭৮৮



[Govt. Aided]

Affiliated to University of Kalyani

Recognised by the UGC u/s 2(f)

Website: domkalgirlscollege.org

DOMKAL GIRLS' COLLEGE

ESTD-2011

Domkal, Murshidabad, 742303

E-mail: domkalgirlscollege@gmail.com

Ph: 03481-230149 / M-7407000788

Ref. No. DGC/N/398/2024

Date: 20/09/2024

Notification for Yoga Practice for All Students

Venue: Room-B201

All students are hereby informed that a regular Yoga Practice will be conducted as per the schedule given below under the aegis of Yoga Club, starting from 25/09/2024. Participation in Yoga is mandatory for all students for thirty minutes, and attendance will be taken. All students are informed to contact **Dr. Madhusudan Mandal, Assistant Professor and Mr. Md. Samim Sk, SACT** for this purpose.

Schedule:

	1 st semester	3 rd Semester	5 th Semester
Monday	10.30 am-11.30 am	11.30 am – 12.30pm	
Wednesday	3.30 pm-4.00pm		4.00pm-4.30pm
Saturday		1.30 pm-2.30pm	3.30 pm- 4.30 pm

Benefits:

- Improves physical and mental well-being
- Enhances concentration and focus
- Reduces stress and anxiety
- Boosts energy and productivity

Dr. Alak Kumar Das
Principal

PRINCIPAL
Domkal Girls' College
Domkal, Murshidabad