

**Govt. of West Bengal**  
**Midnapore Homoeopathic Medical College & Hospital**  
Midnapore - 721101

***International Yoga Day Celebrations at MHMCH , Midnapore***

The 6th International Yoga day was celebrated at Midnapore Homoeopathic Medical



College & Hospital on 21st June, 2020 with marked enthusiasm. The whole program was conducted through the AYUSH Wellness Center of MHMCH, Midnapore under the able guidance of Mr Amalesh Bhunia, Yoga

Instructor & Mr Sukanta Ghosh, Yoga Assistant.

The program began at 9am with Inauguration of the Session by Mr Nirmal Ghosh, Chairman, Rogi Kalyan Samity & Chief Guest on the occasion .It was followed by a brief speech on the importance of Yoga by Dr Srimanta Saha, Principal in charge, Dr S Paik, Lecturer & Dr B Panda ,RMO.



There were around 70 participants comprising House staff, Interns, Nursing staff ,Non Teaching staff in the Session taking place in the Seminar Hall. The Common Yoga Protocol were practised as directed by Ministry of AYUSH ,Govt of India in the session through both offline & online mode.

Amid Pandemic situation all sorts of precautions & Physical distancing were strictly followed. In the end Mr Nirmal Ghosh, Chairman -RKS, MHMCH Midnapore appreciated the collective effort taken by AYUSH Wellness Center of MHMCH, Midnapore