

प्राचार्यकार्यालयः

राधामाधव-आदर्शसंस्कृतमहाविद्यालयः

नम्बोलम्, मणिपुरम्

फोइजिङ् मखा, फडीबीमार्गः, बिष्णुपुरमण्डलम्.

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Air Station Imphal

Affiliated to CENTRAL SANSKRIT UNIVERSITY, New Delhi, NACC- A++ under the Ministry of Education, Govt of India.



Estd. 1973

Office of the Principal

RADHAMADHAVA ADARSH

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NOTICE

18-06-2025

Internal Quality Assurance Cell (IQAC)

Subject: Three-Day State-Level Yoga Orientation Programme (21st – 23rd June 2025)

On the occasion of International Yoga Day – 2025, a Three-Day State-Level Yoga Orientation Programme will be conducted from 21st June to 23rd June 2025, under the aegis of IQAC of the Mahavidyalaya. The programme will be held daily from 8:00 AM to 11:00 AM in the college premises.

Programme Schedule:

1. 8:00 AM – 8:30 AM: Prayer and *Bhakti Yoga Abhyas* (10th Chapter of Bhagavad Geeta)
2. 8:30 AM – 9:45 AM: Practice of Yoga Asanas
3. 9:45 AM – 10:00 AM: Tea Break
4. 10:00 AM – 11:00 AM: Lecture on *Yoga sutra*

Important Instructions:

All teaching and non-teaching staff are requested to participate positively and attend the full programme.

Class mentors are instructed to inform and encourage their students to join without fail.

Programme Team & Responsibilities:

Programme Coordinators: Shri P. Raghumani Singh, Shri I. Gopen Singh, and Shri H. Sanayaima Singh

Tea Session In-Charge: Smt. Shushila Devi and Smt. L. Binarani Devi

Banner Preparation: Shri S. Sharat Singh and Dr. Th. Romita Chanu – by tomorrow morning

Inaugural Lecture: To be delivered by our Respected Chairman, Madam

Documentation & Report Preparation: Ksh. Momo Singh and Dr. Aditya N Dash

Spiritual Materials Distribution: Shri H. Indrakumar Sharma and Dr. Aditya N Dash will distribute copies of Chapter 10 of the Bhagavad Geeta and the Ishopanishad

Yogasana Competition (23rd June):

Prizes for Best Staff Participant and Best Student Participant

₹1000/- cash prize each and a Certificate

Participation Certificates for those attending the full programme

All are requested to extend full cooperation to make the event successful.

Dr. B. Sarangi

Principal I/C