



CHHATNA CHANDIDAS MAHAVIDYALAYA

(NAAC Accredited & Affiliated to Bankura University)

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Yoga Practice Guidelines for all stakeholders of colleges, including teachers, students, and alumni, in preparation for Yoga Day on June 21, 2026.

N B Yoga Practice Guide Line:

বি দ্রঃ যোগাভ্যাস গাইড লাইন

Chhatna 14/06/2026

Malavika Sinha

Principal

Chhatna Chandidas Mahavidyalaya
Chhatna, Bankura



Ministry of Ayush
Government of India



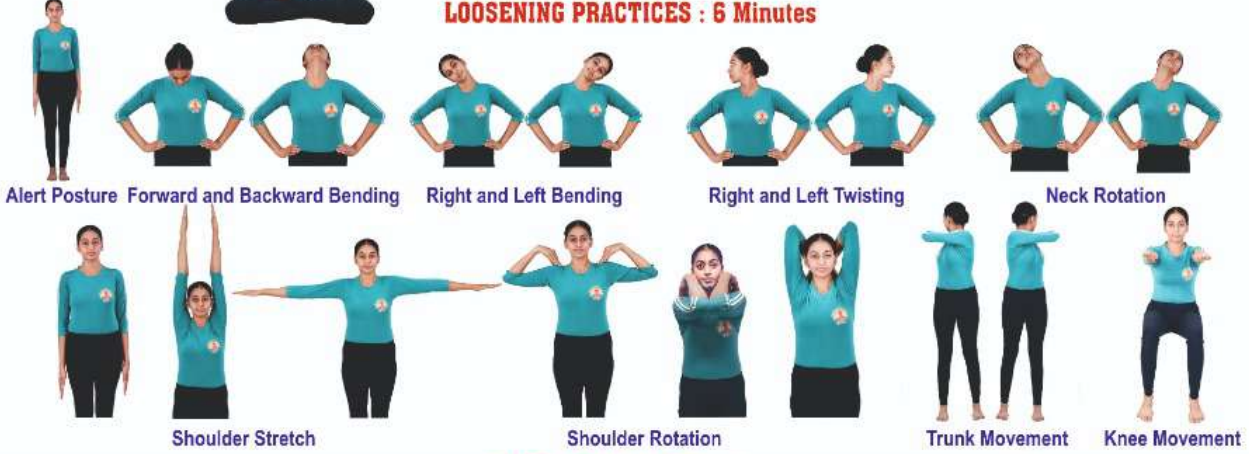
Common Yoga Protocol (CYP) 45 minutes

PRAYER : 1 Minute

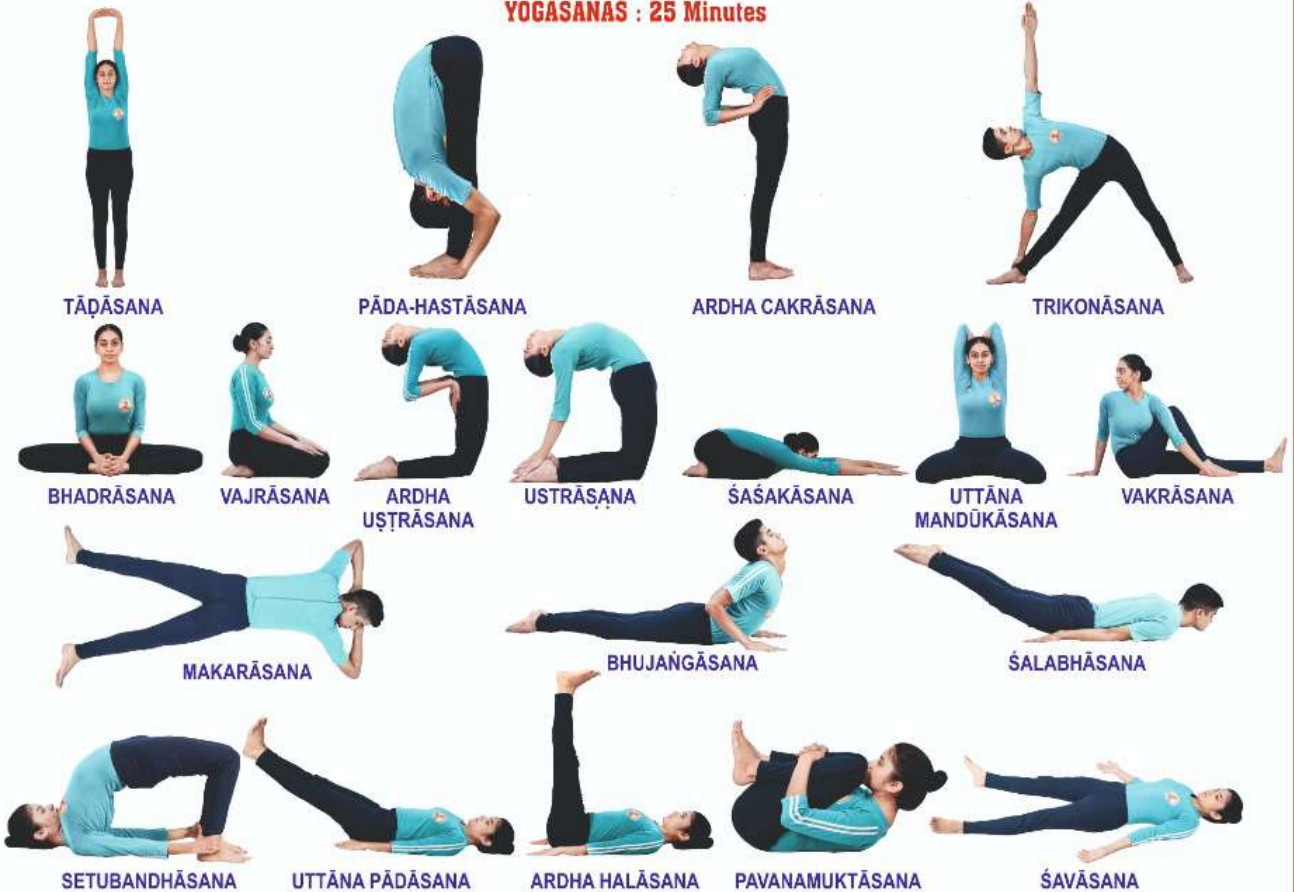


ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||

LOOSENING PRACTICES : 6 Minutes



YOGĀSANA : 25 Minutes



KRIYA, PRĀṆĀYĀMA, DHYĀNA, SĀṆKALPA : 12 Minutes



Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhinaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāni Paśyantu,
Mā kaścit Duḥkha Bhāgbhavet
ॐ Śāntiḥ Śāntiḥ Śāntiḥ



Morarji Desai National Institute of Yoga

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