



COOCH BEHAR PANCHANAN BARMA UNIVERSITY

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Vice-Chancellor

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MESSAGE

A beautiful soul always resides within a healthy body. Our body has been created magnificently by the nature and it is our utmost duty to keep it healthy and fit so that both our physical and spiritual health is in harmony. In order to preserve health we need to include YOGA in our daily life. YOGA is not just a regular fitness regime; it is a path to true happiness and freedom.

During this crisis created due to the COVID-19 Pandemic we all need to stay home in order to stay safe and thus we need to embrace YOGA for preserving our physical and mental health. Cultivation of a balanced attitude in our day to day life has become an absolute necessity and YOGA which means union of body with consciousness and consciousness with soul can prove to be an appropriate guide.

21st June is observed as **International Yoga Day** all over the world and on this occasion I implore the students of Cooch Behar Panchanan Barma University and also everyone reading this message to connect with YOGA in order to disconnect with stress, anxiety and listlessness. Come let us all make “**YOGA AT HOME WITH FAMILY**” a fitness mantra and thus spread happiness and be happy ourselves. Let us all join our hands and make the **International Yoga Day** successful by taking the pledge to inculcate the goodness of YOGA and fight the Pandemic with a healthy mind within a healthy body.

I am confident that we all will be winners in our efforts and live life to the fullest with YOGA as our companion.

(Debkumar Mukhopadhyay)