



**THE WEST BENGAL UNIVERSITY OF HEALTH SCIENCES**

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**\*\* MESSAGE \*\***

21st June is celebrated globally as the International Yoga Day since 2015. In this stressful time of COVID pandemic, we all need to de-stress ourselves by practicing yoga, doing meditation and having healthy nutritious food. Yoga at this time should be done at home with family members to create positive environment. So, LETS PRACTICE YOGA AND SPREAD HAPPINESS!!

Sd/-

Registrar

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