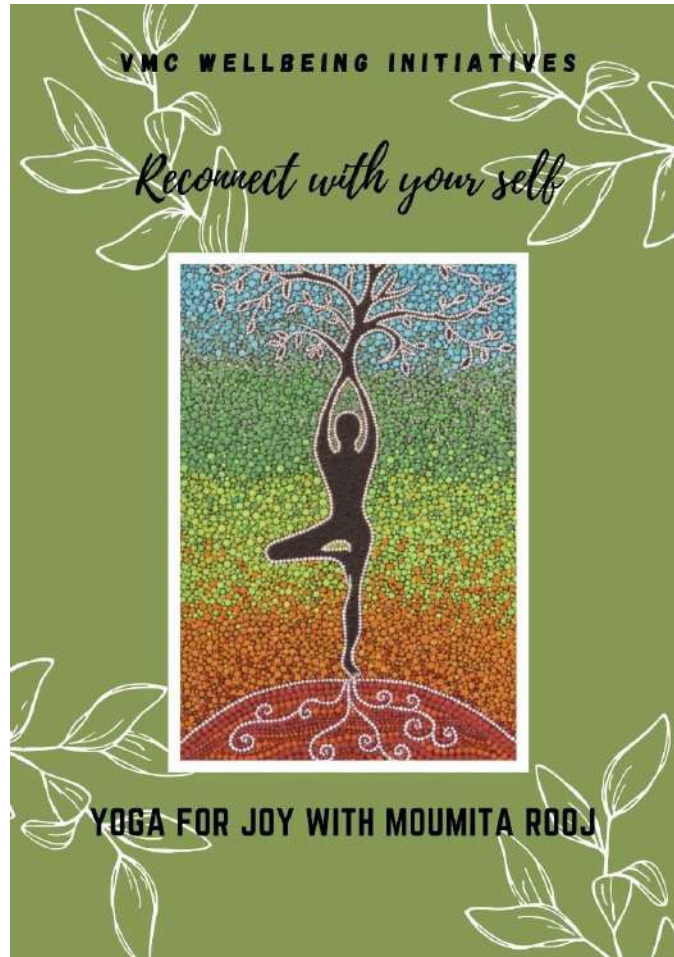


# VIDYASAGAR METROPOLITAN COLLEGE

Established in the year 1961 | Affiliated to University of Calcutta | NAAC Accredited

## WELLBEING INITIATIVES

### Yoga for Joy



The emblem of the college has an extract from the Sanskrit shloka, “Vajradapi Kathorani Mruduni Kusumadapi” etched on it. The verse is quoted from Bhavabhuti’s Uttararamacharita, describing two apparently contradictory qualities of a yogi: the heart is harder than a thunderbolt when firmness is needed but also softer than a flower when occasion demands. While this might appear difficult, the practice of yoga becomes a path towards attaining such balance within, enabling students and teachers alike to fulfil the ideals of knowledge, renunciation and service that the college stands for. A strong and flexible body is the basis of a strong and flexible mind.

In keeping with the mission towards promoting mental and physical well-being, Vidyasagar Metropolitan College also organizes regular Yoga classes under the expert guidance of Certified Yoga Trainer Ms. Moumita Roj. Focusing attention on the breath and asanas, Ms Roj guides students and staff alike on practices best suited for maintaining good health, inner balance and positivity. She conducts a special programme called ‘Yoga for Joy’ for Vidyasagar Metropolitan College.

Students interested in joining the weekly Yoga classes can contact:

**Madam Moumita Roj**, *Yoga Trainer for Vidyasagar Metropolitan College*  
through Whatsapp on **+91 82934 04575**

or

any Professor on the VMC Yoga Support Team by filling up this form: [https://docs.google.com/forms/d/1VOv0Oud-al0pZul6Aicts1vHIMR1xMZje3KCeJ\\_G-20/edit?chromeless=1](https://docs.google.com/forms/d/1VOv0Oud-al0pZul6Aicts1vHIMR1xMZje3KCeJ_G-20/edit?chromeless=1)