



KHEJURI COLLEGE

BARATALA * KHEJURI * PURBA MEDINIPUR



ONE DAY NATIONAL LEVEL ONLINE WORKSHOP ON

PRACTICAL ASPECTS OF YOGA FOR PROMOTION OF PERSONAL HEALTH

DATE: 16.08.2020

TIME: 4 P.M.

Jointly Organized By: Department of Physical Education, Khejuri College
&

Indian Yoga Association (West Bengal Chapter)

In Collaboration With:

IQAC, Khejuri College

SPEAKERS



Topic: Kriya and Asana for Physical Health

DR. SANJIB KUMAR BHOWMIK

Assistant Professor
Department of Physical Education,
Tripura University, Agartala, India

Topic: Pranayama for Holistic Health

DR. ABHIJIT GHOSH

Secretary

Indian Yoga Association(WB Chapter)

&

Director, VYASA Kolkata Chapter, WB



Topic: Meditation for Better Health and Happiness

DR. SRIDIP CHATTERJEE

Assistant Professor,
Department of Physical Education,
Jadavpur University, Kolkata



ORGANISING COMMITTEE

PATRON

MR. RANAJIT MONDAL

Hon. President
Governing Body
Khejuri College



CHAIRMAN

DR. ASIM KUMAR MANNA

Principal
Khejuri College



CO-ORDINATOR, IQAC

DR. GAUTAM DANDAPAT

Associate Professor
Department of Bengali
Khejuri College



CONVENER

DR. KUNTAL THAKUR

Department of Physical Education
Khejuri College

MEMBERS

1. DR. RANGEET SENGUPTA
2. MR. MALAY PRADHAN
3. MR. RAJKUMAR MAITY

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REGISTRATION LINK:

<https://forms.gle/2gFXB3f8VJ6rd6Rb6>

- Last Date of Registration: 15th August, 2020.
- E-Certificate will be sent within 7 days after submitting the feedback form.

WEBINAR PLATFORM

GOOGLE
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E- CERTIFICATE WILL BE PROVIDED

REGISTRATION FREE

OPEN TO ALL