



INDAS MAHAVIDYALAYA

Khosbag, Indas, Bankura

Affiliated to Bankura University



Organize

An IQAC Sponsored One Day State Level Webinar to Celebrate International Yoga Day

On

Stress Management and Immunity Boosting: A Holistic Wellness Approach in Present Scenario

Date: 21.06.2021 at 4:30 PM onwards

Platform: [Google Meet](#) and [YouTube Live](#)

[Click here](#) for Free Registration up to 21.06.2021 till 9 AM



Invited Speaker

Dr. Sumit Kumar Biswas
Faculty, The Art of Living



Invited Speaker

Dr. Manisha Biswas
Faculty, The Art of Living

Organising Committee

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Serajul Haque, President, Indas Mahavidyalaya

Patron

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Indas Mahavidyalaya

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IQAC Co-ordinator, Indas Mahavidyalaya

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Dept. of Philosophy, Indas Mahavidyalaya

Joint-Convener

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Dept. of Physical Education, Indas Mahavidyalaya

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Note: Keep your video on during whole session