



On the Occasion of

INTERNATIONAL YOGA DAY

Yoga @ Home & Yoga With Family

Webinar through zoom cloud meeting Organized
by

NSS Units in collaboration with IQAC
Vivekananda Mission Mahavidyalaya
Chaitanyapur, Purba Medinipur

Topic: Importance of Yoga for Mental Peace

Speaker: Sambhu Nath Santra

***Retired Dy. Manager, JOEL and
Mondal Pravari, West Bengal State Patanjali Yog Samity***

DATE: 21.06.2020

TIME: 10:00 AM

Yoga for Harmony & Peace

• For registration: https://docs.google.com/forms/d/e/1FAIpQLSfyzNom3ahrDCIrOJDd2U--QUIUNhkr38KkPAZYNoJuIIlwXA/viewform?usp=sf_link