



State Level Workshop on Yoga

(As a part of 100 day's countdown till June 21, 2022 to celebrate International Day of Yoga, 2022)

Theme:
Yoga for Well-being

Organised by
**National Service Scheme
Serampore College**

In collaboration with
Yogoda Satsanga Society of India

Venue: CLRC Auditorium, Serampore College
Date: 16-17 June, 2022
Time: 11 A.M. to 4 P.M.

16TH JUNE DEMONSTRATION OF DIFFERENT POSTURES OF YOGA	17TH JUNE WORKSHOP ON MEDITATION
---	---

Programme Schedule:

16 June, 2022 : 10.00 am : Registration 11.00 am : Inauguration 11.30 am : Demonstration of different postures of Yoga and their benefits 1.30 pm : Lunch 2.00 pm : Display of Stamps on Yoga	17 June, 2022 11.00 am : Inauguration 11.30 am : Workshop on Yoga meditation 1.30 pm : Lunch 2.00 pm : Quiz on Yoga 4.00 pm : Prize distribution
---	--

Resource Persons:

- ❖ Swami Achyutananda Giri
Senior monk, Yogoda Satsang Society of India
- ❖ Dr. Prabir Laha
Writer, Journalist and Philatelist
- ❖ Dr. Siddhartha Lahiri
Principal of Yoga for All Physiotherapy Centre, Serampore
- ❖ Mr. Sujoy Kumar Dutta
Yoga Instructor, IPGAE & R at SVSP Hospital

Google form: <https://forms.gle/WKSFzxFnWmz4CCsB7>

Last date of Registration **June 14, 2022**

- ❖ Register through Google form or send names of NSS volunteers (two volunteers from each unit) through email within 14/06/2022.
- ❖ Course materials and Certificate will be provided to all the participants. Best three participants for yoga demonstrations and best three participants on Yoga Quiz will be awarded.

**National Service Scheme
Serampore College**
Email: nssseramporecollege@gmail.com
WhatsApp: 9433565454 / 9681682448