



গড়গাঁও মহাবিদ্যালয়  
GARGAON COLLEGE  
NAAC accredited with 'B' Grade

### One day Workshop on Yoga

Department of Sociology, Gargaon College.

Date: - 27 /03/2023

#### About on One day workshop on Yoga:

The Department of Sociology, Gargaon College organized a one-day workshop of yoga on 27 March 2023. The main objective of the workshop was to give an overview of the importance of yoga for a student's life. Dr. Priyanka Tamuli was the resource person for this workshop.

The Hod of the department Mina Robidas said that such type of workshop will help the students to enhance their physical, mental and spritual development. Mr Mohananda Tamuli also talked about the importance of the program and showed an overview on the historical background of yoga. The program came to an end with the vote of thanks by Mohananda Tamuli.

#### Photograph of the program

