



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 overview of importance of yoga for student's life. Dr. Priyanka Tamuli was 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 show overview on historic background of yoga. The program was come to end with the vote of thanks by Mohananda Tamuli.

Photograph of the program

