



Vidyasagar College for Women

Affiliated to University of Calcutta

(Grade "A" Accredited by NAAC)

No.

Notice

Date 13.10.2021

VALUE-ADDED COURSE ON YOGA

This is to inform all students that the College is going to organize a **Value-Added Course on Yoga** under the guidance of Dr. Tapas Das, Director, Nirmala Arogya Kendra, Kolkata.

The course will introduce students to Yoga Asanas, Pranayama, Meditation and Relaxation Techniques, helping students improve their physical fitness, mental well-being, concentration and overall quality of life.

Course Details:

- Course: Value-Added Course on Yoga
- Instructor: Dr. Tapas Das, Director, Nirmala Arogya Kendra, Kolkata
- A nominal Registration Fee will be charged.

Yoga is more than physical exercise. Regular practice can help students manage stress, improve concentration, enhance flexibility and fitness, and develop a healthier and more balanced lifestyle.

All students are strongly encouraged to make use of this valuable opportunity. Interested students are requested to register as soon as possible.

Don't miss this opportunity to invest in your health, well-being and personal growth!

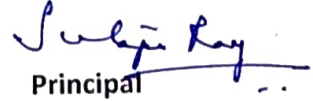
Google Link for Registration: <https://forms.gle/urFpb5vvVLkwMx2T7>

For any Inquiry Contact:

College Office (Physically)

Ganesh Hembram, Assistant Professor: 7044361676 (WhatsApp)

Ankita Biswas, Assistant Professor: 7980355029 (WhatsApp)


Principal

Vidyasagar College for Women
Principal
Vidyasagar College for Women
Kolkata



39, Saukar Ghosh Lane
8A, Shibnarayan Das Lane
Kolkata - 700006



www.vcfw.org



033 - 2241 3451



office.vcfw@gmail.com
office@vcfw.org