

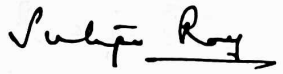
# VIDYASAGAR COLLEGE FOR WOMEN

## NOTICE

This is to inform that Yoga Committee of the College is conducting one day seminar in collaboration with NIRMALA AROGYA KENDRA on **21<sup>st</sup> September 2024 (Saturday)** at 8.00 AM at Bhagaboti Devi Auditorium, New Building. Dr. Tapas Das, renowned Yoga trainer will speak on **“Yoga for Stress Balance”**.

All the teaching, non-teaching staffs and students are requested to attend the seminar.

Ganesh Hembam  
Convener  
Yoga Committee

  
Sutapa Ray  
Principal 18/09/2024