

One-Day Seminar on Yoga: A Practice for Holistic Well-being

****Organized by:**** Dasarathi Hazra Memorial College | NSS Unit-I

****Date:**** 25.06.2024

****Time:**** 11:00 AM - 4:00 PM

****Venue:**** Dasarathi Hazra Memorial College Auditorium

The NSS Unit of Dasarathi Hazra Memorial College is delighted to announce a one-day seminar on "Yoga: A Practice for Holistic Well-being." This event aims to promote physical, mental, and spiritual well-being through the ancient practice of yoga.

Seminar Highlights:

- ****Introduction to Yoga:**** Understanding the philosophy and benefits of yoga in modern life.
- ****Practical Yoga Sessions:**** Guided sessions on various yoga asanas (postures) and pranayama (breathing techniques) by certified yoga instructors.
- ****Meditation Techniques:**** Learning the art of mindfulness and meditation for stress reduction and mental clarity.
- ****Interactive Q&A Session:**** Addressing queries and sharing insights on incorporating yoga into daily routines.
- ****Guest Speakers:**** Renowned yoga practitioners and wellness experts sharing their knowledge and experiences.

Objectives:

- To raise awareness about the importance of yoga for holistic health.
- To provide practical knowledge and hands-on experience in yoga practices.
- To foster a community of individuals committed to wellness and healthy living.

Who Should Attend:

- Students, faculty, and staff of Dasarathi Hazra Memorial College.

Registration:


- ****How to Register:**** Visit the college NSS office.
- ****Fee:**** Free for all participants.

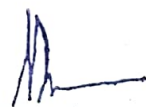
Participants are requested to wear comfortable clothing suitable for yoga practice and to bring their own yoga mats. Light refreshments will be provided during the break.

Join us for a day of learning, relaxation, and rejuvenation as we explore the transformative power of yoga. Let's embark on this journey towards better health and well-being together.

For more information, please contact the NSS Unit at [DHM College/bhatarcollege@gmail.com/9735357373].

We look forward to your participation in this enriching seminar!


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