

HAZI A. k. Khan College



Estd: 2008

Affiliated to University of Kalyani

On the Occasion of
International Yoga Day

Department of Physical Education
in collaboration with IQAC
organizes

One Day Workshop
on
Yoga: A Step Towards
Healthy Living

Date: : June 21, 2023

Time: 11 a.m

Venue: Hazi A. K. Khan College

Resource Person



Md. Rajib Hossain Ansari

Karate Trainer with
international repute

Patron

Dr. Goutam Kumar Ghosh
Principal
Hazi A. K. Khan College

Convener

Dr. Piyali Dan
Co-Ordinator, IQAC
Hazi A. K. Khan College

Organizing Secretary
Sanjit Kumar Roy

State Aided College Teacher
Department of Physical Education
Hazi A. K. Khan College

Objectives of the Workshop

- To reduce health problems
- To promote good mental and physical health through yoga.
- To integrate moral values.
- To draw attention towards the holistic benefits of yoga.
- To bring students, teaching and non-teaching staff much close together to spend a day for health from busy schedule.
- To get win over all the health challenges through regular yoga practice.

