



**HAZI A. K. Khan College**

**Estd. 2008**

**Affiliated to University of Kalyani**

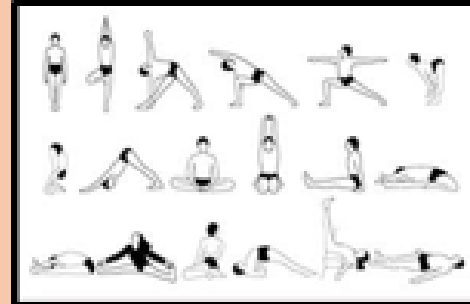
**Seminar on**

## **Yoga and Stress Management**

**Organized by**

**Department of Physical Education**

**In collaboration with IQAC,  
Hazi A. K. Khan College**



**Resource Person:**

**Dr. Amit Kumar Sarkar**



**Associate Professor  
Department of Physical Education  
Kalyani Mahavidyalaya  
Kalyani, Nadia**

### **About the Seminar:**

Yoga is a holistic practice that combines physical postures (asanas), breath control (pranayama), meditation, and ethical principles to promote overall well-being. It has been shown to be an effective tool for stress management, providing both physical and mental benefits.



**Date: 02.12.2022**



**Time: 12:00 noon**



**Venue: Hazi A. K. Khan College**

**About the College:** Hazi A. K. Khan College is the lone representative institution of Higher Education at Hariharpara Block. Generous Hazi Abdul Kader Khan donated land to set up a college. In 2008, the college started its journey getting affiliation from University of Kalyani with Honours and General courses in some disciplines in Arts. At present twelve academic departments in Arts are there, out of which seven have Honours Courses.

**Patron**

**Dr. Goutam Kumar Ghosh**

**Principal**

**Hazi A. K. Khan College**

**Dr. Krishnendu Munsi**

**Coordinator, IQAC**

**Hazi A.K. Khan College**