



**GOVERNMENT OF WEST BENGAL
OFFICE OF THE PRINCIPAL
DURGAPUR GOVERNMENT COLLEGE**

J. N. Avenue, Durgapur, Paschim Bardhaman, Pin Code-713214

No. 225

Dated: 15-05-2024

NOTIFICATION

This is for information to all concerned that the Women Cell, Durgapur Government College in collaboration with Aniruddha Creations, Serampore, Hooghly, West Bengal will organise "***Demonstration and interactive session with Bidisha Chatterjee & SOUVIK DEY (Certified yoga teachers & Therapists) on Addressing Health Issues: Transformative Benefits of Yoga***" on **19-05-2024** from 7.30 PM onwards.

The Topic of Discussion will be **Stress Management, Pain Management and PCOD.**

All participants are requested to join on 19-05-2024 at 7.15 pm.

The Google meet link is: <https://meet.google.com/nsj-wcof-arj>

The Flyer is enclosed herewith for reference.

The event is published in the National Digital Library of India (NDLI) Club Portal of the Institution. Please login as the Club Member to participate in the event.

Login to: <https://club.ndl.iitkgp.ac.in/sign-in>

with your username and password.

Click on "**Find More Events**" and select this event and then on the top right hand side, click on "**Check Eligibility**" and then Click "**Participate**" to confirm participation.

Confirming participation through NDLI portal is mandatory to get the certificate.

All are cordially invited to make the event a grand success.

Principal
Durgapur Government College

Copy forwarded for information and necessary action to:

- All Departments
- All faculty
- Coordinator, IQAC, Durgapur Government College
- Secretary, Teachers' Council, Durgapur Government College
- Uploading to college website
- Notice Book, office of the Principal



Women's Cell

DURGAPUR GOVERNMENT COLLEGE

In collaboration with

ANIRUDDHA CREATIONS

Serampore, Hooghly

organize

DEMONSTRATION AND INTERACTIVE SESSION WITH

BIDISHA CHATTERJEE & SOUVIK DEY

(CERTIFIED YOGA TEACHERS & THERAPISTS)



on

*Addressing Health Issues :
Transformative Benefits of Yoga*

TOPIC OF DISCUSSION:

STRESS MANAGEMENT, PAIN

MANAGEMENT & PCOD

DATE: 19 MAY, 2024

TIME : 7:30 PM

PLATFORM : GOOGLE MEET

LINK TO JOIN: <https://meet.google.com/nsj-wcof-arj>