



International Webinar on Yoga as a means of Healthier Lifestyle during Corona Virus Pandemic

Organised by:

Department of Physical Education

Under the aegis of

University of Kalyani ("A" Grade Accredited by NAAC)
West Bengal, India



Inaugurator

COL. PROF. SANKAR KUMAR GHOSH
Hon'ble Vice-Chancellor
University of Kalyani



Date: 22nd July, 2020
Time: 2:00 PM Onwards



Coordinator

DR. NITA BANDYOPADHYAY
Head & Director
Dept. Of Physical Education
University of Kalyani



SWAMI TATTWASARANANDA

Principal, Ramkrishna Mission
Sikshamandira, Belur Math

Topic: Mental Health in the light of Yoga Philosophy
Time: 2:30-3:10 PM



Catch us
on
**GOOGLE
MEET**



DR. MANMATH GHAROTE

Director, Lonavla Yoga Institute,
Pune, Maharashtra, India

Topic: Role of Yoga for Integrated Personality
Time: 3:15-4:00 PM



PROF. NATALIA SOLVEY

Director, Atmabodha Yoga
Institute, Buenos Aires, Argentina

Topic: Yoga for Healthier Lifestyle during COVID 19
Time: 4:05-4:45 PM

Program Schedule:

Welcome Address by HOD – 2:00-2:10 PM

Inaugural Speech by Hon'ble Vice-Chancellor – 2:10-2:25 PM

Speech by Swami Tattwasarananda – 2:30-3:10 PM

Speech by Dr. Manmath Gharote – 3:15-4:00 PM

Speech by Prof. Natalia Solvey – 4:05-4:45 PM

Concluding the sessions and Vote of thanks by Yoga Instructor – 4:45-5:00 PM



Mr. Protap Santra

Yoga Instructor
University of Kalyani

No Registration fees. Last date of registration: 20th July, 2020.

E-certificate will be provided to all the registered participants only after submission of feedback form.

Registration link:

Contact no: +918145418307

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