

Lecture cum Demonstration session on 'Yoga and Mental Health'

On 3rd June, 2022, a Lecture cum Demonstration session on 'Yoga and Mental Health' was organised by the Department. A total number of 100 students (both honours and RE/RG) participated in the session.

Resource Persons: Gautam Thakuria, Faculty, Lankeswar B.Ed College

Karabi Medhi, Demonstrator

