



Seven day Yoga training (Morning)
25th to 31th December'2018

Organized by

Mahishdal Raj College

Department of Sanskrit

Overview:

Human beings are made up mainly three elements which are the mind, body and soul. When we talk about inner peace, we see it refers to the spiritual need and we feel harmonious only when all three are present. Yoga is something that feeds our soul. It is a spiritual practice which relieves us of many ailments physically. The Sanskrit Department has organized this seven day yoga training programme in the morning.

Organizing Committee:

- **CHIEF PATRON : Dr. Asim kumar Bera, Principal, MRC.**
- **IQAC COORDINATOR: Dr. Asis Dey, Associate Professor,
H.O.D. Dept. of English, MRC.**
- **PROGRAMME SECRETARY : Dr. Nabanita Bag Maiti,
Associate Professor, H.O.D. Dept. of Sanskrit, MRC.**

Yoga Trainer:-

- **Pradip Dolui, Yoga Teacher, MRC.**

❖ **Yoga unit of the college and Rishi Arobinda Yog Centre.**

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