

JAMSHEDPUR WOMEN'S COLLEGE

A CONSTITUENT AUTONOMOUS COLLEGE OF KOLHAN UNIVERSITY
COLLEGE WITH POTENTIAL FOR EXCELLENCE BY UGC, NEW DELHI
"A" GRADE COLLEGE BY NAAC, BANGLORE



TEN DAYS ONLINE WORKSHOP ON YOGA (BREATHING EXERCISE)

An initiative by Jamshedpur Women's College

To
Increase Oxygen Level
Improve Lungs Capacity
Boost Immunity
Release Mental Stress

Starting from 06th May 2021
Timing:- 8:00 am - 8:30 am



Chief Organizer

Prof. (Dr.) Shukla Mahanty

Former Vice-Chancellor, Kolhan University, Chaibasa
& Principal, Jamshedpur Women's College, Jamshedpur



Mr. Subhasish Bhaduri

Yoga Guru

Mr. Rajendra Kumar Jayaswal

HOD, Department of Physics & IT Head
Jamshedpur Women's College, Jamshedpur
(9431330979)

Dr. Sudhir Kumar Sahu

HOD, Department of Odia & Co-ordinator of Yoga
Jamshedpur Women's College, Jamshedpur

Yoga for our Jamshedpur
Women's College Family



Registration Link:-

https://docs.google.com/forms/d/e/1FAIpQLSfPdRuP_OWbdfoyTB6HXJriXmjvSjkMkZ5HeSEB6a--IJ8t_g/viewform?usp=pp_url

Meeting Id :- <https://jsrwomenscollege.webex.com/jsrwomenscollege/onstage/g.php?MTID=ece8fcacadd0063ce3fe687daf970c422>

Password :- jwc1

E-Certificate will be issued to the registered participants after submission of feedback form

Technical Support

Mr. Tapan Modak (9334281529)

Mr. K Prabhakar Rao (7979055505)

Mr. Jyoti Prakash Mohanty (9430389243)