

Santal Bidroha Sardha Satabarshiki Mahavidyalaya

ESTD - 2005

Government Aided, NAAC Accredited College

Affiliated to Vidyasagar University & Recognized by UGC (under 2(f) & 12(B)

P.O: Goaltore, Dist: Paschim Medinipur, PIN - 721128

Phone & Fax: 03227-288063, Email: sbssm_goaltore@rediffmail.com, Website: www.sbssmahavidyalaya.ac.in



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REPORT SUMMARY

Sl No	Items	Details
1	Title/Topic/Theme	National Webinar on Importance of Yoga in Pandemic Covid-19
2	Club/ Dept /Occasion	National Service Scheme Unit
3	Event	Webinar
4	Organized By/Staff Co-Ordinator	NSS Units
5	Guest/Speaker/ collaborating agency	Dr. Tapon Kumar Dey, NSS Coordinator Vidyasagar University Dr. Mant Saha, Scientist 'F', Exercise Physiology and Yoga Lab. DRDO
6	Date &Time	25-09-2020
7	Venue/ Online Link	https://youtu.be/KWWNJgWwPzw
8	Participants	Students And Faculty
9	Participants Count	95
10	About & Outcome	Dr. Tapon Kumar Dey, speaks about importance of Yoga and role of NSS Volunteers in Pandemic Covid -19. Dr. Mantu Saha, speaks about importance and role of Yoga in our daily life and increase of immunity.

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COVID-19 vaccine
Get the latest information from the Ministry of Health and Family Welfare.
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IMPORTANCE OF YOGA IN PANDEMIC

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