



One day State level Online Webinar on **Anapana Meditation, for Mindfulness and Stress Relief**

Patron :

Dr. Santanu Chattopadhyay,
Principal, J.K.College, Purulia

On

27th July at 5:00 p.m.

Convenor :

Dr. Ashoke Kumar Agarwal,
Coordinator, IQAC,
J.K.College, Purulia

Resource Person

Smt. Kakoli Bhattacharya,
Reputed Senior Assistant of
Vipassana meditation.



Jt. Convenor :

Shri Pankaj Sarkar,
Prog. Officer, NSS Unit-I,
J.K.College, Purulia

Organized by

IQAC & NSS, J.K.College, Purulia, W.B.

Registration Link <https://forms.gle/s3uEysyK8rzns6U97>

Programme link will be shared in the registered email

E-Certificate will be issued on submission of the Feedback Form which will be issued at the end of the webinar.