YOGA WORKSHOP

A Tree Day Yoga Workshop was organised by NCC Mangaldai College (Boys and Girls) from 20th June to 22nd June, 2021 in collaboration with Zoology Department, Mangaldai College. The programme was organised online and Yoga Therapist Dr. Hiren Sarkar imparted yoga training to the participants. The Workshop was attended by 45 participants and it concluded on 22-06-2021 with a Webinar on the benefits of yoga for health and mental peace.

