

ACTIVITY REPORT
LIFE SKILL (YOGA) WORKSHOP
10TH& 11TH OCTOBER 2023

Name of the Event: Life skill (Yoga) workshop

Date: 10th & 11th October 2023

Time: 9.00am onwards

Venue: Shri ShikshayatanCollege, Room 005, 006

Name of the speaker: Ankita Seal, Sanchita Seal

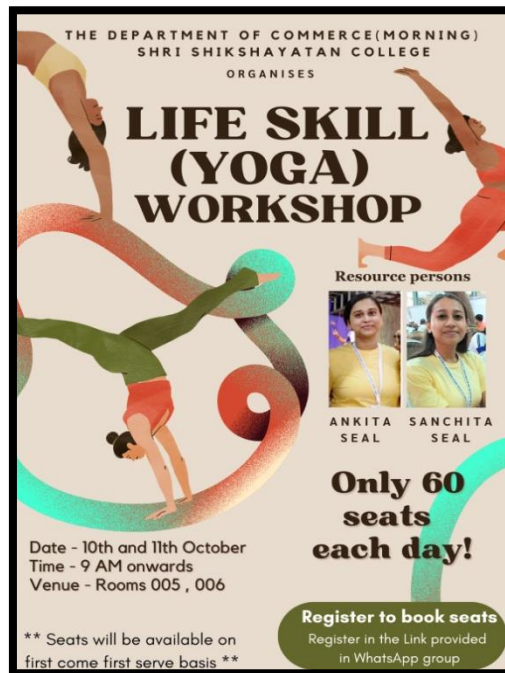
Title of the lecture: Life skill (Yoga) workshop.

Number of participants:

Student: 110

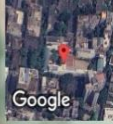
Outcome: The outcome of a yoga workshop as a life skill for students is improved mental and physical wellbeing, stress reduction, increased focus, and enhanced self-awareness.

Pictures:

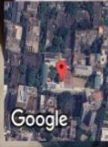




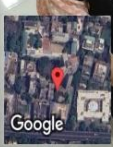
Kolkata, West Bengal, India
11, Lord Sinha Road, Elgin, Kolkata, West Bengal 700071, India
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Long 88.34927°
10/10/23 10:04 AM GMT +05:30



Kolkata, West Bengal, India
11, Lord Sinha Road, Elgin, Kolkata, West Bengal 700071, India
Lat 22.543161°
Long 88.34928°
11/10/23 09:26 AM GMT +05:30



Kolkata, West Bengal, India
11, Lord Sinha Road, Elgin, Kolkata, West Bengal 700071, India
Lat 22.543167°
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11/10/23 09:24 AM GMT +05:30



Kolkata, West Bengal, India
10, Dr Harendra Kumar Mukherjee Rd, Elgin, Kolkata, West Bengal 700071, India
Lat 22.542459°
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