

The online lecture was attended by the Hon'ble Director Prof. Arindam Banerjee, Ms. Rimi Chakraborty, Mr. Abhra Paul, Mr. Ashis Dhar and Ms. Sohinee Motilal today at the scheduled time. A briefing of the session is given below :-

After the introductory session by the Chairman, UGC, three eminent panelists delivered lecture on the importance of Yoga on the physical, mental and spiritual well being of an individual and its contribution to lead a life of balance and contentment. This was followed by an interactive session and thereafter was concluded with the opinion that one should indulge themselves into whatever makes them happy and follow a healthy diet and lifestyle.