

VPM's B. N. Bandodkar College of SCIENCE, THANE (AUTONOMOUS)
1 MAH BN/ ASC Thane NCC Army Boys UNIT

YOGA AND WELLBEING

DATE -12th February, 2022.

Report— today, a webinar on 'Yoga and wellbeing ' was held. B. N Bandodkar college of Science had conducted this Webinar. There were many NCC cadet and NSS volunteer of B. N. Bandodkar College including students, staff member participated in these event. The chief guest was Shri. Umesh Lalit Sir (Research Director of World Yoga Federation and Meditation) 27 NCC cadet of ASC Thane participated.

**V.P.M.'S B.N. BANDODKAR COLLEGE
OF SCIENCE
(AUTONOMOUS), THANE (W)**


ANUBANDH ALUMNI
ASSOCIATION PROGRAMME


**Guidance session on
Yoga and wellbeing**


Speaker: Shri Umesh Lalit

Research Director of World Yoga federation & Meditation
Alliance International
Esteemed Alumni

Date: 12th February 2022
Venue: Patanjali Auditorium
Time: 3:00 to 4:00 PM


Mrs. Umalaxmi Patne
Coordinator Alumni
Committee




Dr. Moses Kolet
Principal