

**RABINDRA MAHAVIDYALAYA
CHAMPADANGA, HOOGHLY**

Date-26/11/2024

NOTICE

All the faculty members, students and non-teaching staff of Rabindra Mahavidyalaya are hereby informed that the Wellness cell of Rabindra Mahavidyalaya is going to organise a stress management programme including a training session on practicing meditation on **4th December (Wednesday), 2024**. Everyone is requested to attend the programme on **4th December (Wednesday), 2024** to be held at the hall (ground floor) of Dept. of Physical Education, Rabindra Mahavidyalaya from 11:30 a.m.

Theme of the programme: 'Meditation: A good answer for stress?'

Speaker: Prof. Anirban Bhunia, Professor, Department of Chemical Sciences, Bose Institute, Kolkata.
Coordinator of Eastern and North-Eastern region of Shree Shivkrupanand Swami Foundation.

Title of the talk: Stress Management and Mindfulness through Himalayan Meditation


Convener


Principal
Rabindra Mahavidyalaya
Champadanga, Hooghly