

JHARGRAM RAJ COLLEGE
Department of Philosophy

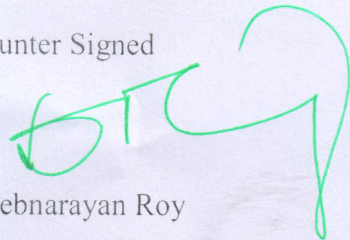
Cir. No. - 27

Notice

06.02.2024

It is notified for all concerned that a special workshop on *Yoga & Stress Management* will be organised by the department of Philosophy in collaboration with the Physical Education Department & the Internal Quality Assurance Cell, Jhargram Raj College. The workshop will be held on & from **20.02.2024, 11.00 am.** onwards at ~~Room SNTC~~ ^{P.K. Sen Seminar Hall 078}. All students of Philosophy Major who have Yoga for Stress Management as their SEC paper are requested to attend the aforesaid programme.

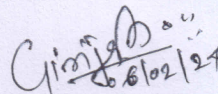
Counter Signed



Dr. Debnarayan Roy

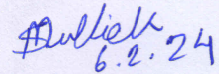
PRINCIPAL

JHARGRAM RAJ COLLEGE



Head

Dept. of Phy. Edn.



Head

Dept. of Philosophy