



KIDDERPORE COLLEGE

(C. U. Affiliated)

NAAC- Accredited B- Level

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Ref. no.

Date :

International Yoga Day

Workshop on Yoga on 21/06/2022



REPORT

The department of Physical Education organized a One Day “ Workshop on Yoga” on 21st June 2022. The programme started from 9 am at the roof of Kidderpore College. A practical session was followed by a introductory lecture on importance of Yoga in our daily life. The total number of participants in the programme were 54 including teachers and students.

Principal

Kidderpore College

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