



Bali Ram Bhagat Mahavidyalaya, Samastipur

(A Constituent Unit of LNMU, Darbhanga)

NAAC Accredited Grade-'B'

NATIONAL WEB LECTURE ON

Yoga as an Effective Means for Physical & Mental Well-being

योग: शारीरिक स्वास्थ्य एवं मानसिक स्वस्तिबोध का एक प्रभावी साधन

Date: 14 June 2020

Time: 11.00 Am to 02:00 Pm.

Resource Persons



1. Dr. Amar Nath Jha, Professor
PG Department of Philosophy
LNMU, Darbhanga

**Topic: Yogic Techniques for the
Management Of Mind and Body.**



2. Dr. (Smt.) Sheela Singh
Ex H.O.D Deptt. Of Psychology
D.N.P.G College, Gorakhpur

Topic: Yoga and Holistic Health.



Dr. L. P. Jaiswal
Principal
B.R.B College,
Samastipur

Organised By

*Department of Philosophy and
Department of Psychology,
B.R.B College, Samastipur*

Mentor



Dr. Devendra Chaudhary
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