

Inauguration of Yoga Therapy Unit and Women's Karate Unit



ASUTOSH COLLEGE
92, S.P.MUKHERJEE ROAD, KOLKATA - 26



YOGA THERAPY UNIT & WOMEN'S KARATE UNIT

YOGA THERAPY CLASSES	WOMEN'S KARATE CLASSES
CLASS TIMINGS: 2:30 P.M. - 3:30 P.M.	CLASS TIMINGS: 3:30 P.M. - 4:30 P.M.
TRAINER: DR. UJJAL KUMAR GHOSH REGISTERED PRACTITIONER UNDER W.B.Y.N.S.M. EXECUTIVE MEMBER, WEST BENGAL COUNCIL OF YOGA & NATUROPATHY (GOVT. OF WEST BENGAL), FOUNDER SECRETARY, ASIAN YOGA RESEARCH INSTITUTE	TRAINER: Smt. NIVEDITA GHOSH BLACK-BELT (1st DAN) IN KARATE, BENGAL CHAMPION AND NATIONAL LEVEL JUDGE IN YOGA VICE-PRINCIPAL, ASIAN YOGA RESEARCH INSTITUTE

ALL CLASSES WILL BE HELD ON EVERY FRIDAY AT THE ABOVE GIVEN TIMINGS.

CONTACT - Sri. UTTARAN BANERJEE, General Secretary, ACSU - 86971 79162 (For More Details).

Yoga Therapy Unit and Karate unit of Asutosh College has organized Yoga classes and karate class for the students on every Friday on 2.30 pm to 3.30 pm and 3.30 pm to 4.30 pm respectively at college common room. The inaugural session was held on 31st March at 2.30pm in presence of Vice Principal Professor Apurba Roy and Bursar Dr. Manas Kabi along with teachers and students. The active participation of the student's union has made this event successful. **Dr. Ujjal Kumar Ghosh**, Registered Practitioner under W.W.Y.N.S.M, Executive member, West Bengal Council of Yoga and Naturopathy (Govt. of West Bengal), and Founder Secretary, Asian Yoga Research Institute was the trainer of Yoga class and **Smt. Nivedita Ghosh**, Black- Belt in Karate, Bengal Champion and National Level Judge in Yoga Vice-Principal of Asian Yoga Research Institute was the Karate trainer of the event.

