



झारखण्ड केन्द्रीय विश्वविद्यालय  
Central University of Jharkhand  
(Established by an Act of Parliament of India, 2009)



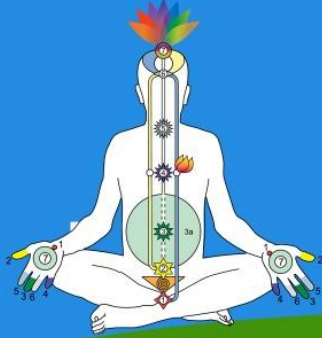
NSS UNIT, CENTRAL UNIVERSITY OF JHARKHAND

Is organizing a Online Workshop on

## SAHAJA YOGA

From: 17 Jan - 21 Jan 2022

Time: 10:00 AM to 11:00 AM



ZOOM Meeting ID **872 7545 0970**  
Passcode **yoga**



Chief Patron  
Prof Kshiti Bhushan Das  
Vice Chancellor, Central  
University of Jharkhand

### BENEFITS

Stress Relief  
Peace of Mind  
Boost Immunity  
Emotional Balance

Conver  
Dr. Devdas Laata  
Head, Department of Energy Engineering  
Chairman, Institution's Innovation Cell  
Central University of Jharkhand, Ranchi