



A Special Class on

“How to Exercise Mind And Body With Yoga”

Mentor : Dr. Anirban Bhunia

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Pramukh Acharya, Samarpan Meditation, West Bengal

Organizar : Yoga Centre, Belda College, Belda, Paschim Medinipur, West Bengal, India

Date : March 5th, 2020

Time : 1.00 PM

Venue : Yoga Practice Hall, Belda College