

On 10-3-2025, a special workshop on “Women’s Wellness and Yogic Practices” was held which was a continuation of International Women’s Day celebration. All the regular as well as guest female faculties actively participated in the workshop.

There were two Resource Persons from NIRAMAYA:

1.DIVYA GEETANAND RAHUL

Legacy Person & Chief co-ordinator, Niramaya yoga Shiksha Sansthan

Life member, Indian Yoga Association

Regional Director, Paramanand Yoga (Govt.leading Yoga Institution)

2. SHATAKSHI BHATTACHARJEE

Director : Niramaya yoga Shiksha Sansthan Zonal coordinator (North East) Indian Yoga Association, Faculty, Art of Living.

