



Kultali Dr. B. R. Ambedkar College

Department of Education and Sanskrit in
Collaboration with IQAC

Add-on Course 2026

YOGA and MEDITATION

for holistic wellbeing



Starting Date:
08.10.2026



Class Timing :
Every Thursday
1:30-2:30 PM



Duration:
15 weeks (1 hour per week)



Course type:
Interdisciplinary / skill based



Mode :
Theory + Practical

Course Coordinator



Dr. Soma Sardar
HOD, Dept of Education



Dr. Asit Kumar Mondal
Dept of Sanskrit

For Admission & Registration Contact :



Ph No: 9434153896



Ph No : 8768703756



Certificate Provided after Completion.