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## NECESSITY OF YOGA IN MODER

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## Mr. Shatrughan Kahar

Debra Thana Sahid Kshudiram Smriti Mahavidyalaya

has attended the ICPR Sponsored Periodical Lecture & International Webinar on "Necessity of Yoga in Modern Lifestyle" organized by Department of Philosophy, Debra Thana Sahid Kshudiram Smriti Mahavidyalaya, Debra, Paschim Medinipur, West Bengal, India, 721124 on 23rd and 24th March, 2021.

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