

Pt. J.L.N Government P.G. COLLEGE, FARIDABAD (HR)

(Affiliated to M.D. University, Rohtak, Haryana)

6th 2023/11/16



One Day International (Multidisciplinary Online Seminar)

on

Role of Yoga and Daily Exercises in Stress Management in the Context of Modern Life Style

Certificate

This is to certify that Prof./Dr./Mr./Ms. Parnab Ghosh

Designation Asst. Professor..... Institution Pankajra Banamali College, Purnia, Bihar, India

has participated / delivered a Lecture / Presented a paper / chaired / co-chaired a Session. Positive

Psychology and Mindfulness
Mental Strength - A Qualitative Analytical Study
in the Inter-National Seminar on 29th August 2023. Meditation for


Co-Convenor

(Asstt. Professor)

Dr. Veena


Convenor

(Asstt. Professor)

S.Lt. Vimal Parkash Goutam


Patron

(Principal)

Dr. Ruchira Kullar