



THE UNIVERSITY OF BURDWAN

RAJBATI : BURDWAN

Registrar's Department

No. R-S/N-1/249

Date: 20-05-2024

Notification

It is notified for information of all concerned that a Powerfull Well-being Programme, Yes Plus Course will be held on and from 25.06.2024 to 28.06.2024 at CDOE Auditorium Hall, Golapbag (from 03:00 p.m. to 05:00 p.m. everyday). The Course Fee would be Rs. 500/- (Rupees five hundred) only for each stakeholders of this University.

Interested persons are requested to submit the filled in form in the Registrar's Secretariat along with the money receipt of Rs. 500/- (Rupees five hundred) only within 10th June 2024.

By order of the Vice Chancellor


(S. K. Chowdhury)
Registrar

No. R-S/N-1/249/1(150)

Date: 20-05-2024

Copy forwarded for information:

1. The Dean, F. C. for P. G. Studies in Science, B.U.
2. The Dean, F. C. for P. G. Studies in Arts, Commerce, etc, B.U.
3. All Heads of the teaching departments, B.U. - *for wide circulation among the faculty members, research scholars and the students of their departments.*
4. All Officers of the University of Burdwan.
5. Office of the Vice Chancellor, B.U.
6. P.A. to the Pro-Vice Chancellor, B.U.
7. The System Engineer, B.U. - with a request to upload this in the University Website.
8. Cash Section, BU


(S. K. Chowdhury)
Registrar

Meditation

yoga

knowledge

fun

A powerful well-being program for university students and young professionals

Benefits

- Improved health, well being and Happiness
- Increased confidence and self-esteem
- Freedom from distress
- Greater mental clarity and focus
- Enhanced leadership and team-building skills
- Heightened dynamism, inner ease & strength



**Dr. Banani
Chakraborty**
DNA Nano Scientist
IISC

Date- 25th-28th June



**Dr. Tanusree
Chakraborty**
Professor-IIT Delhi



Venue- Burdwan University

YES PLUS program in Burdwan University

For the first time

registrar@buruniv.ac.in [Switch account](#)



* Indicates required question

Email *

Your email

Name *

Your answer

Whatsapp number *

Your answer

Are you joining the YES PLUS program taught over 108 US universities, all IITs, IISc and top universities? *

Your answer

Do you follow any other yoga, meditation, mind management technique? *

Your answer

What is your discipline in Burdwan University (study area) *

Your answer

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