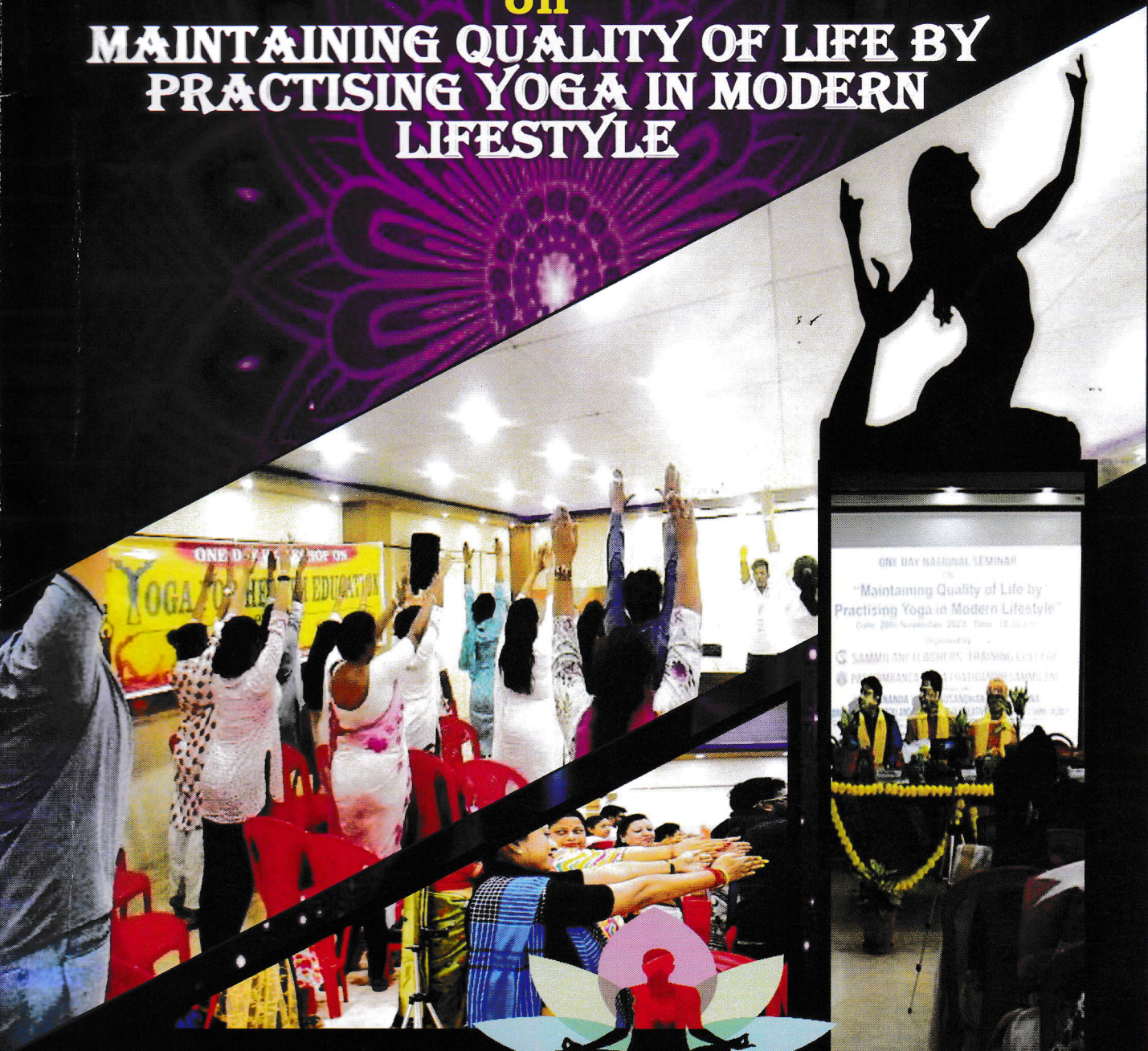
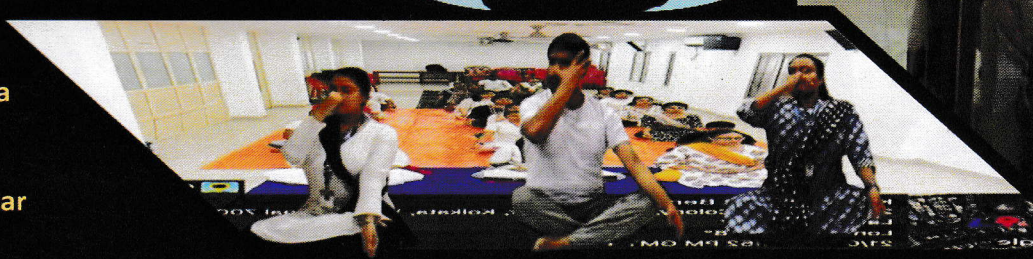


**Proceedings of
National Seminar
on
MAINTAINING QUALITY OF LIFE BY
PRACTISING YOGA IN MODERN
LIFESTYLE**



Editors

**Salil Kumar Dutta
Dibyendu Jana
Tanusree Dhara
Kanoj Kumar Sardar**



MAINTAINING QUALITY OF LIFE BY PRACTISING YOGA IN MODERN LIFESTYLE

Edited by:

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About the book

The proceeding discusses the importance of yoga in promoting mental and physical well-being, its potential as a complementary therapy for stress and mental illnesses, and its positive effects on mental and physical health. It emphasizes the benefits of yoga for individuals of all ages and lifestyles, including its international acceptance and positive impact on combating issues such as social, mental & physical health challenges.

Editors



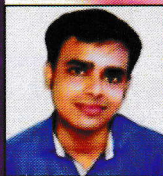
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