# **CEBRATION OF** INTERNATIONAL DAY OF YOGA

Organized One day International day of Yoga on Yogasana and Meditation during Covid - 19 on 21st June, 2020



#### INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES

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#### FREE ONE DAY WEBINAR

### INTERNATIONAL DAY OF YOGA

Topic

## YOGASANA & MEDITATION DURING COVID'19

(21st June, 2020) Time -7.00am -8.00am



Dr. Tarak Nath Pramanik (Assistant Professor, IGIPESS) (Resource Person)



Dr. J.P. Sharma (Associate Professor, IGIPESS) (Resource Person)



Dr. Dhananjoy Shaw Officiating Principal, IGIPESS (Resource Person)

Link will be provided to the registered users one hour before of program on their email.

Registration Link is active till 6.00 PM, 20.06.2020: -

https://docs.google.com/forms/d/e/1FAlpQLSd\_RO4dYRsJzmL60tQp1I4HP6Hjp1kVzNZfbu6q0ifMIRB04Q/viewform

Note: Seats available = 95 (Limited). Others will be given chance in the next program within this week. Fast Come First Serve

> For more information, contact-Email: principal@igipess.du.ac.in