



Date: 18/06/2020

ONE DAY WEBINAR ON INTERNATIONAL DAY OF YOGA

It is notified for the information of all the Teaching Staff, Non-Teaching Staff and Students of the Indira Gandhi Institute of Physical Education and Sports Sciences is celebrating **International Day of Yoga** as per the following scheduled programme:-

Date:- 21.06.2020 (Sunday) Time: -07:00 A.M. to 08:00 A.M.
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/1FAIpQLSd_RO4dYRsJzmL60tQp1I4HP6Hjp1kVzNZfbu6g0jfMIRB04Q/viewform
Note: Seats available = 95 (Limited). Fast Come First Serve

TOPIC

YOGASANA & MEDITATION DURING COVID'19

RESOURCE PERSON:

1. Dr. Dhananjoy Shaw, Officiating Principal, IGIPSS.
2. Dr. J. P. Sharma, Associate Professor, IGIPSS
3. Dr. Tarak Nath Pramanik, Assistant Professor, IGIPSS

All are invited to participate in the webinar

NOTE:-

1. Kindly keep the Zoom app handy on your mobile/laptop.
2. Please keep a bottle of water and yoga mat or bed sheet / mat comfortable for yoga with you.
3. Participants are also requested to keep themselves on mute during the sessions and keep their videos on at all times.
4. We request you to also sit in a place with no disturbance.
5. Please remember to wear loose and comfortable clothing for ease of doing yoga.
6. E-Certificate will be sent via email on the basis of attendances on both days.

(Dr. DHANANJOY SHAW)
OFFICIATING PRINCIPAL