



# ACHARYA NARENDRA DEV COLLEGE (UNIVERSITY OF DELHI)



DEPARTMENT OF PHYSICAL EDUCATION  
& SPORTS

## PRESENTS WEBINAR ON **YOGA ASANA & MEDITATION TO BOOST IMMUNITY**

INVITED SPEAKERS:



**DR. TARAK NATH PRAMANIK**

- Assistant Professor in Indira Gandhi Institute of Physical Edu. & Sports Sciences
- Secretary In State Yoga Sports Association



**DR. DHANANJOY SHAW**

- Officiating Principal for IGIPESS, DU
- PRESIDENT OF INDIAN SOCIETY OF KINESIOLOGY (ISK)

**JULY 21, 2020  
4:00 PM  
GOOGLE MEETS**

E-Certificates will be provided to all the attendees

UNDER THE GUIDANCE OF

**DR. RAVI TOTEJA**  
OFFICIATING PRINCIPAL  
ANDC

**DR. RANJIT KAUR**  
ASSISTANT PROFESSOR  
PHYSICAL EDUCATION

**MR. RAVINDER KR. SAGAR**  
CONVENER  
SPORTS COMMITTEE

**DR. SATYAPAL SINGH**  
ASSISTANT PROFESSOR  
PHYSICAL EDUCATION

Registration: <https://forms.gle/e1VSbMjomoMvubgx8>

**VIDUSHI: 9560847342**

**POOJA: 8448775807**

**WEBINAR ON  
YOGA, ASANA & MEDITATION TO BOOST  
IMMUNITY.**

Department of Physical Education and Sports of Acharya Narendra Dev College (University of Delhi) is going to present a webinar on **YOGA, ASANA & MEDITATION TO BOOST IMMUNITY.**

Here we'll provide best guidance of our speakers about how to stay healthy during this pandemic.

We have a panel of speakers~

**Dr. Dhananjay Shaw** ,officiating principal for IGIPSS, DU and President of Indian Society of Kinesiology (ISK)

**Dr. Tarak Nath Pramanik** , assistant professor in Indira Gandhi Institute of Physical Education & Sports Science and secretary in Yoga Sports Association.

So, do register yourself for knowledgeable session ~

Date - 21st july, 2020

Time - 4:00 PM

Venue- Google Meet

\*Registration link -<https://forms.gle/e1VSbMJomoMvubgx8>

Last date to register is 20th July\*

" E- CERTIFICATE WILL BE PROVIDED TO ALL THE ATTENDEES "

For further queries, contact -

Vidushi- 9560847342

Pooja- 8448775807