



INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES  
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Date: 18/06/2020

## **TWO DAY WEBINAR ON EXTENTION SERVICES/ SOCIAL OUTREACH**

Two day webinar on Extension Services / Outreach will held from 22/06/2020 to 23/06/2020

Date:- 22.06.2020 (Monday) & 23.06.2020 (Tuesday)

Time: -08:30 A.M. to 09:30 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, 21/06/2020: -

[https://docs.google.com/forms/d/e/1FAIpQLSd\\_RO4dYRsJzmL60tQp1I4HP6Hjp1kVzNZfbu6g0jfMIRB04Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSd_RO4dYRsJzmL60tQp1I4HP6Hjp1kVzNZfbu6g0jfMIRB04Q/viewform)

Note: Seats available = 95 (Limited). Fast Come First Serve

TOPIC

### **YOGA & MEDITATION TRAINING CAMP**

RESOURCE PERSON:

1. Dr. Dhananjay 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.

(Dr. DHANANJOY SHAW)  
OFFICIATING PRINCIPAL