



Maharaja Agrasen College University of Delhi



Internal Quality Assurance Cell (IQAC)

in association with

Sports Committee, Student Union & NSS

presents

Family Yoga for Health, Fitness & Immunity

Interactive Workshop on occasion of International Yoga Day

Resource Person

Mr. Tarun Kumar Sharma

Yoga & Wellness Guru, Joint-Secretary of Physical Education
Foundation of India

Date: Sunday, 21 June 2020

Time: 7:15 – 8:15 am



Zoom Meeting ID: 810 2485 8692

Password: 754531

[Click here to join Zoom Meeting](#)



MAHARAJA AGRASEN COLLEGE

UNIVERSITY OF DELHI



INVITES YOU ALL TO CELEBRATE



Theme : Yoga for Wellbeing

YOGA FOR HOLISTIC HEALTH AND WELLNESS



Speaker

Dr. Sanjay Kumar,
DIRECTOR

Aryavrata International Institute
Of Yoga.

Patron

Prof. Sanjeev Kumar Tiwari
PRINCIPAL
Maharaja Agrasen College

Organized by the
Department of Physical
Education, IQAC and NCC.



Presided by:

Sh. Saurabh Mishra
Treasurer, Governing
body, MAC

21st June 2021,
Monday

Venue- Zoom Platform
Meeting I'd - 861 4244 6123
Pass code - 341539

8 AM - 9AM



MAHARAJA AGRASEN COLLEGE

UNIVERSITY OF DELHI

CELEBRATING

INTERNATIONAL DAY OF YOGA 2021

Yoga Day 2021



Yoga Day 2021

