

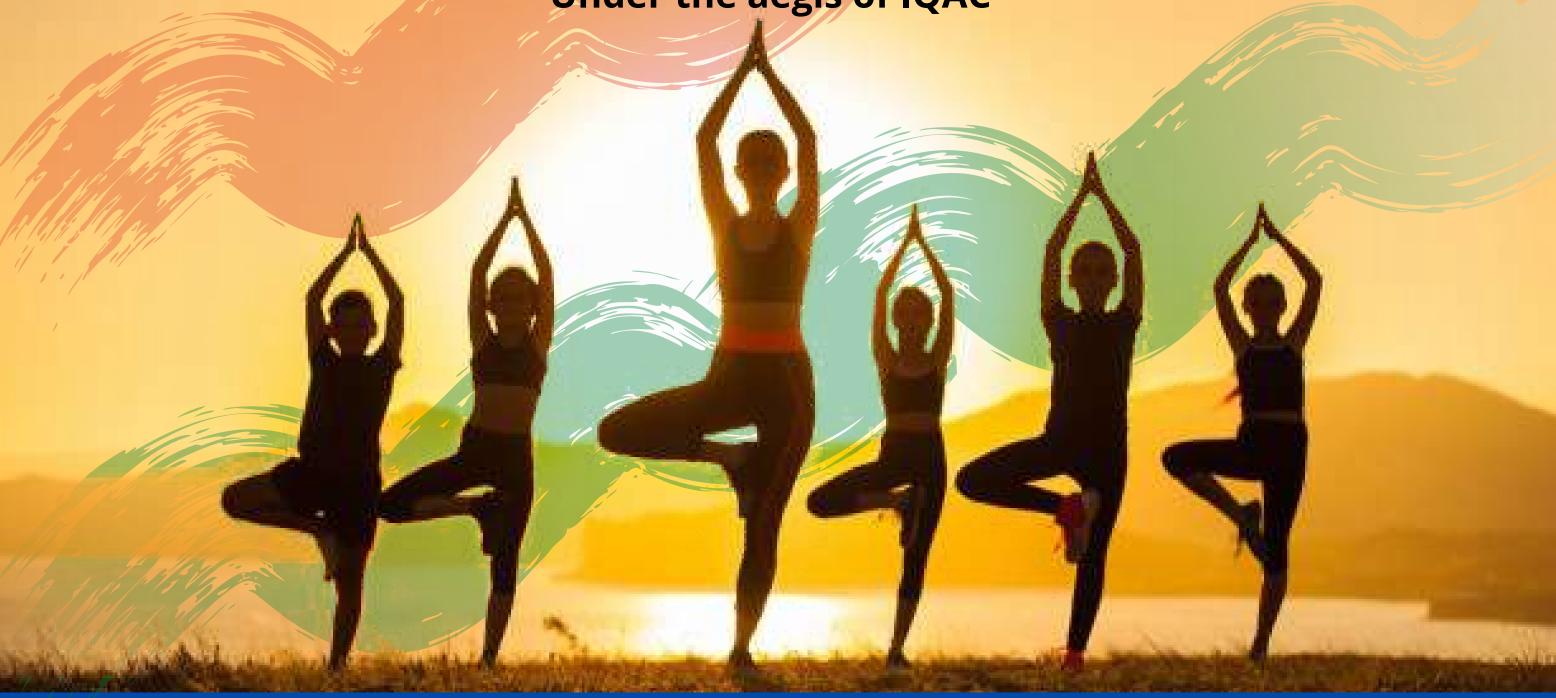


Deshbandhu College University of Delhi





Department of Physical Education & Sports Sciences
Under the aegis of IQAC



International Day of YOGA



Yog Mantrana (योग मंत्रणा) 09:00 AM to 12:00 Noon (IST) on 21st June 2021 (One Day Webinar)



"Healing Techniques for negativity & depression through Yog and Meditation"

Chief Guest

Prof. Balaram Pani Dean of Colleges, University of Delhi



Sh. R N Vats,
Chairman
Chief Patron

Dr. Rajiv Aggarwal,
Principal
Patron

Dr. Anjum Padyal,

Dr. Rajender Lal,

Keynote Speakers



Topic:

How to be free from grief in challenging time

Sh. Girish Jha, Arizona, USA



Topic:

Meditation during Isolation

Dr. Nina Budziszewska, Poland



Topic:

Holistic approach to Wellness through Yoga

Acharya Bramdeo Mokoonlall, Mauritius



