



Sri Aurobindo College (Evening) (University of Delhi)



*"We Live in fact, in a world starved for solitude, silence, and Private: and therefore starved for meditation and true friends hip."
- C.S. Lewis*

UNDER THE AGEIS OF IQAC DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

*IS GOING TO ORGANISE
ONE WEEK WORKSHOP
ON:*

"...WELLNESS THROUGH YOGA..."

As a Prelude to

International Yoga Day 2021



**DATE:- 15TH JUNE 2021 TO 21 JUNE 2021
TIME;- 6:45 AM TO 8:00 AM (EVERYDAY)
PLATFORM:- ZOOM PLATFORM**

Link:- <https://zoom.us/j/97094853173?pwd=NS9kY0N4NnZoT2hRajQ3Q0pTODZIZz09>

Open for all the students and staff (Teaching & Non- Teaching)

**Dr. Vivek Chaudhary
Associate Professor**

**Dr. Kusum Lata
Principal**