



SRI AUROBINDO COLLEGE

DEPARTMENT OF COMMERCE



Vandana Munjal
Assistant Professor, SAC
(Aerobics Expert)

UNDER THE AEGIS OF IQAC

presents

Fitness A to Y

(Aerobics to Yoga)



Dr. Anjali Bhatnagar
Associate Professor, SAC
(Yoga Expert)

Physical well being through Aerobics and Yoga

DATE:

- **YOGA: May 13,15 and 18,2020**
- **AEROBICS: May 14 and 16,2020**

TIME:

6:30PM - 7:30PM

- Practitioners of all levels and age groups are welcome.
- Strictly maintain the discipline during the sessions.
- E-certificates will be issued for attending all the five sessions.

*** Classes will be held on Zoom App.**

Click on the following link to register :

<https://forms.gle/JXdwgW3zBBth9Koa8>

Dr. Vipin Kumar Aggarwal
(PATRON)



Dr. Subhanjali Chopra
(ORGANISER)