



Department of Physical Education in collaboration with NCC and NSS
Sri Aurobindo College

under the aegis of IQAC, is organizing a 7 Day Workshop
On

“ROLE OF EXERCISE, YOGIC ASANAS AND PRANAYAM IN IMMUNITY BOOSTING AGAINST
COVID-19”



Dr. Rajender Singh
(Professor)

Director Physical Education,
Jiwaji university, Gwalior

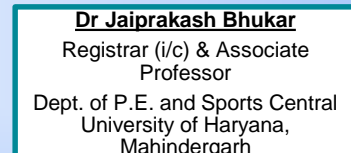


Dr. Nibu R. Krishna

Associate Professor & HOD
Dept. of Yogic Science
LNIP, Gwalior (M.P.)



Dr. SANDEEP TIWARI
Acting Principal,
IGIPSS



Dr Jaiprakash Bhukar

Registrar (i/c) & Associate
Professor
Dept. of P.E. and Sports Central
University of Haryana,
Mahindergarh



Dr. Birendra Jhajaria

Associate Professor
LNIP, Gwalior (M.P.)



Dr. Anjali Bhatnagar

Associate Professor
Department of Commerce,
Sri Aurobindo College, DU

Prof. Vipin Kumar Aggarwal
(Principal)

Mr. Vinay Kumar Bhardwaj
(Convenor Sports Committee)

Dr. Susheel Kumar
(Director Physical Education)
Contact No. 9425755709

Mr. Rahul Dev
(CTO, NCC & Assistant Prof.)
Contact No. - 9911007447

Greetings!!

The Department of Physical Education in collaboration with NCC and NSS, Sri Aurobindo College, under the aegis of IQAC, is organizing a 7 Day Workshop on "ROLE OF EXERCISE, YOGIC ASANAS AND PRANAYAM IN IMMUNITY BOOSTING AGAINST COVID-19" from 15 - 21 June.

Timing of the workshop: 5:00 – 6:00 PM (15 -20 June)

8:00 – 9:00 AM (21 June)

Please follow this link to *register":

<https://docs.google.com/forms/d/1be1G-Wy4hFuYtRKJYE6Tcup9sd5WfXqeEPEfDgZYHko/edit>

Link for Whatsapp Group

<https://chat.whatsapp.com/Ll6Dtf45gRpFUiWsjeX1Ar>

E-Certificates will be provided to all the participants.

Best Wishes,

Prof. Vipin Kumar Aggarwal (Principal)

Prof. Sangeeta Kaul (Convener IQAC)

Mr. Vinay Kumar Bhardwaj (Convenor Sports Committee)

Dr. Meenakshi Chaudhary (NSS Program Officer)

For Further Queries you may contact:

Dr. Susheel Kumar (Director Physical Education) 9425755709

Mr. Rahul Dev (Assistant Professor) 9911007447