

International yoga day

The Department of Physical Education and Sports Sciences of Mata Sundri College for Women, University of Delhi organised an International Webinar on the occasion of 6th International Yoga Day i.e. 21st June, 2020 at 10.00a.m. on google meet platform on the theme – “yoga at home and yoga with family”. The eminent speakers for the webinar were - Dr. Lalitha Gaurav (Yoga Expert and Assist. Prof. LNIPE Gwalior) , Mr. Ashish Singh (International yoga trainer , A.S.O in Indian embassy in Peru and Bolivia) and Dr. Kanwal Ahuja (Retd. Associate Professor, Department of Physical Education, Mata Sundri College for Women, University of Delhi). They all enlightened the audience with their deep knowledge and skills. The webinar also included a divine handpan performance by renowned musician – Mr. Ujjwal Kumar. Prof. Harpreet Kaur, (Principal, Mata Sundri College For Women) also addressed the gathering with her valuable insight on yoga.