



**MATA SUNDRI COLLEGE FOR WOMEN
UNIVERSITY OF DELHI**



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCE

IS CELEBRATING

INTERNATIONAL YOGA DAY

**June 21st , Monday, 2021
at 10 am**

Platform:- ZOOM

([HTTPS://ZOOM.US/J/98757238632?pwd=WU11EFZEK3VsZ3VRZLZfALHjVHPKDZ09](https://zoom.us/j/98757238632?pwd=WU11EFZEK3VsZ3VRZLZfALHjVHPKDZ09))

YOGA FOR WELL-BEING



**Prof. Harpreet Kaur
(Principal)**



**Miss Arpita Gupta
(Yoga Expert, CultFit)**

▪ **Ms. Charanjeet Kaur**
Convenor

▪ **Dr. Gursharan Kaur**
Co-Convenor

for further queries whatsapp- 9771440006