



Deshbandhu College
University of Delhi



Department of Physical Education & Sports Sciences
Under the aegis of IQAC



International Day of YOGA

Yog Mantrana (योग मंत्रणा)

09:00 AM to 12:00 Noon (IST) on 21st June 2021

(One Day Webinar)



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"Healing Techniques for negativity & depression through Yog and Meditation"

Keynote Speakers

Chief Guest

Prof. Balaram Pani
Dean of Colleges,
University of Delhi



Sh. R N Vats,
Chairman
Chief Patron

Dr. Rajiv Aggarwal,
Principal
Patron

Dr. Anjum Padyal,
Convener

Dr. Rajender Lal,
Co-Convener



Sh. Girish Jha, Arizona, USA

Topic:

How to be free from grief
in challenging time



Dr. Nina Budziszewska, Poland

Topic:

Meditation during Isolation



Acharya Bramdeo Mookoonlall, Mauritius

Topic:

Holistic approach to Wellness
through Yoga

For Registration Please fill the Google Form



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