



SHIVAJI COLLEGE

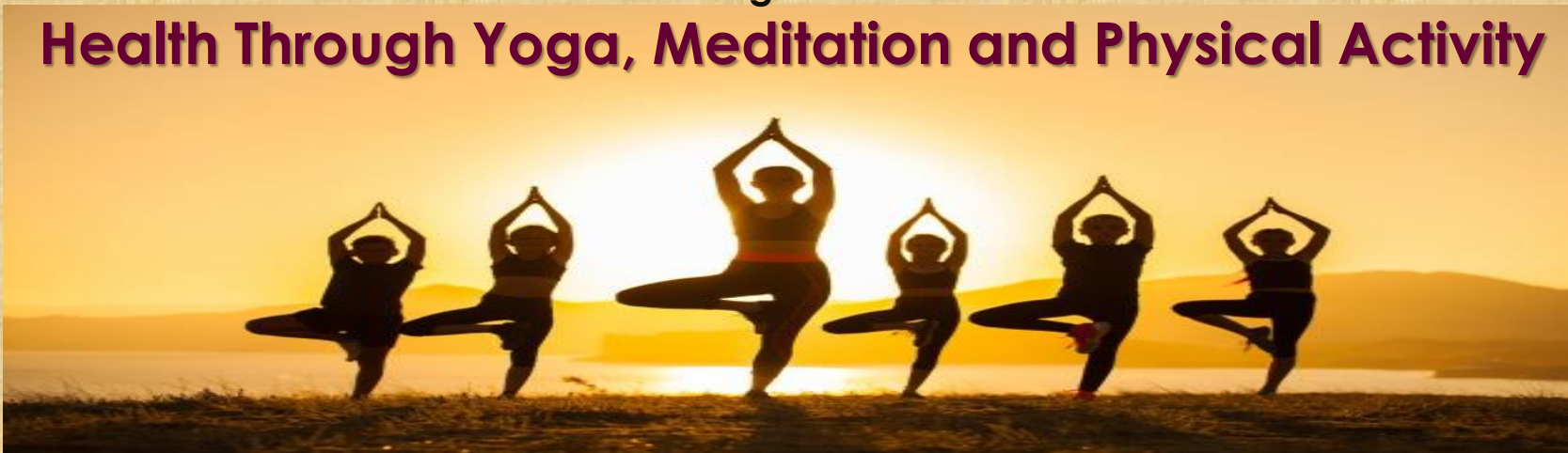
NAAC ACCREDITED GRADE "A"
UNIVERSITY OF DELHI



NATIONAL SERVICE SCHEME

In collaboration with
DEPARTMENT OF PHYSICAL EDUCATION
Under the aegis of IQAC
Organizes

Health Through Yoga, Meditation and Physical Activity



- ❖ No Registration fee
- ❖ E- certificates to participants
- ❖ Timings: 4:00-4:30 p.m.

- ❖ Date of Commencement: 06-07-2020
- ❖ Last Date and Time of Registration: 05-07-2020 by 5 p.m.
- ❖ Platform: ZOOM

DR. RUCHIRA DHINGRA
Programme officer

DR. SHIV KUMAR SAHDEV
Principal

Yoga is a system of physical and mental discipline which originated in India long ago. Through meditation one can try to attain a deeper state of relaxation and awareness. It helps in achieving a higher state of consciousness, focus, creativity, self-awareness and relaxation especially during this COVID pandemic times. It is the need of the hour to engage people towards positive energy for survival and vitality.

NSS in collaboration with Department of Physical education under aegis of IQAC is organizing online Webinar/ sessions titled “***Health through yoga, meditation and physical activity***”.

The activities include:

1. Power Yoga
2. Laughter yoga
3. Musical Yoga
4. Zumba
5. Aerobics
6. Stress relieving meditation

Date of commencement: 6 July 2020

Time: 4:00 pm– 4:30 p.m.

Platform: Zoom.

These sessions are open to all the students, staff members (both teaching and non-teaching) of Shivaji College. Interested individuals may register themselves through the given link and participate.

***Registration**

link* https://docs.google.com/forms/d/e/1FAIpQLSf1lqDImNJtP1Wy1O3x5ZPuPxxKclRSL-VfMRjTOI4JHy-LA/viewform?usp=sf_link

Schedule :

- 06.07.2020 MON Power Yoga By Sh.Umesh ji (YSS PRAMUKH)
08.07.2020 WED Laughter Yoga By Mr. Pradeep Agarwal & Sh Umesh ji.
10.07.2020 FRI Musical Yoga, Zumba and Aerobics By Ms. Kareena and Ms.Ritu Kapoor
13.07.2020 MON Power Yoga By Sh.Umesh ji.
15.07.2020 WED Stress Relieving Meditation By Sh.Umesh ji
17.07.2020 FRI Musical Yoga, Zumba and Aerobics By Ms. Kareena and Ms.Ritu Kapoor

Participants will be provided with E- Certificate.