



**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)**



**CLICK HERE**

**"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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