

MOTILAL NEHRU COLLEGE (EVENING)

(UNIVERSITY OF DELHI)

Dated: 16-06-2020

NOTICE REGARDING WEBINAR

It is notified for the information of all the Teaching, Non-Teaching Staff and students of the Motilal Nehru College (Evening) is celebrating International Day of Yoga as per the following scheduled programme:-

Date :- 20-06-2020
Time :- 04:00 P.M.
Zoom Meeting ID :- 893 2106 2708
Password :- 1991

Topic: - Yoga and Fitness: Steps to Fight Covid'19.

Speaker: Dr. Tarak Nath Pramanik, Assistant Professor, IGIPSS
University of Delhi, Assistant Secretary, Indian Yoga Federation.


Opening address by: - Dr. Kana Ram Meena, Teacher-in-Charge,
Department of Physical Education.

All the students and faculty members are invited to participate in the Webinar.

NOTE:-

1. Kindly keep the Zoom app handy on your mobile/laptop.
2. Please keep a bottle of water and yoga mat or bed sheet / mat comfortable for yoga with you.
3. Participants are also requested to keep themselves on mute during the sessions and keep their videos on at all times.
4. We request you to also sit in a place with no disturbance.
5. Please remember to wear loose and comfortable clothing for ease of doing yoga.

Dr. Kana Ram Meena
Coordinator


(Dr. Vichitra)
Oftg. Principal

Copy to:-

1. College Website
2. All the teachers