



RAM LAL ANAND COLLEGE (UNIVERSITY OF DELHI)



presents

NATIONAL WORKSHOP

on

HOLISTIC FITNESS

Boost Your Immunity and Prevent Illness

as a part of celebration of

7th International Day of Yoga

23-24TH JUNE 2021, 2:00 PM

OUR SPEAKERS



Topic: Yogic and Ayurvedic Diet
Dr. Ajay Shastri
Yoga Expert, JNU
Delhi President, State Yoga and Sports Association



Topic: Physical Fitness Strategies for Immunity and Health
Dr. Rakesh Tomar
Faculty, Physical Education
King Fahd University of Petroleum & Minerals, Saudi Arabia



Topic: Physiology of Yogic Practice
Dr. Tarak Nath Pramanik
ASST. PROF (PHY. EDU & YOGA) IGIPSS,
University of Delhi



Topic: Science of Breathing and Meditation
Dr. Brijesh Singh
Assistant Professor in Yoga
IDS, Somaiya Vidya Vihar
University, Mumbai



Topic: Mental Benefits of Exercise
Ms. Priya Joshi
Counselling Psychologist,
Clinical Hypnotherapist,
Special Educator

Organized by:

**Yoga and Meditation Society
&
Department of Physical Education**

**Dr. Seema Gupta
(Coordinator)**

**Dr. Sunila Hooda
(Convener)**

**Dr. Pardeep Kumar
(Coordinator)**

**Dr. Rakesh K Gupta
Principal**

Register here: <https://forms.gle/qKfgTSGH4isCL7ay9>

Last date of registration: 22 June, 2021

E certificates to all the registered participants will be provided