



Maharaja Agrasen College University of Delhi



Internal Quality Assurance Cell (IQAC)

in association with

Sports Committee, Student Union & NSS

presents

Family Yoga for Health, Fitness & Immunity

Interactive Workshop on occasion of International Yoga Day



Resource Person

Mr. Tarun Kumar Sharma

Yoga & Wellness Guru, Joint-Secretary of Physical Education
Foundation of India

Date: Sunday, 21 June 2020

Time: 7:15 – 8:15 am

[Click here to join the event on Google Meet platform](#)