



JESUS AND MARY COLLEGE
UNIVERSITY OF DELHI
Internal Quality Assurance Cell (IQAC)
in collaboration with

Department of Physical Education & National Service Scheme (NSS)

organises an Interactive Webinar on

**YOGA: GUARDIAN OF THE MIND, BODY
AND SPIRIT**

Date: 21st June, 2020



Time: 8.00 AM to 9.30 AM



Webinar Platform: Google Meet

Moderated by Dr. Rekha Dayal, Associate Professor, JMC



SPEAKERS



Ms. Shalini Sharma

Physical Education & Yoga Teacher
Shri Ram Shiksha Mandir
Sr. Sec. School, Delhi

Dr. Manish Kumar Pillai

H.O.D Physical Education
St. Francis de Sales School
Janakpuri, Delhi

Ms. Anuradha Jha

Postgraduate student at LSR
National Medallist in Yoga
JMC Alumna

REGISTER @ <https://forms.gle/8drMAapEgB6Rw18i7>

****E-Certificates will be given to all the registered Participants****

Sr. (Dr.) Rosily T.L. rjm

Principal

Dr. Alka Marwaha

IQAC Convener

Sr. (Dr.) Molly K.A.

Webinar Convener

Dr. M. K. Chawla & Dr. Anju Luthra

Dept. of Physical Education

Ms. Mahima Varma

Programme Officer, NSS-JMC