



NAVYUG KANYA MAHAVIDYALAYA

NAAC ACCREDITED B++

RAJENDRA NAGAR, LUCKNOW

DEPARTMENT OF COMMERCE

Organizes

WEBINAR ON

YOGA - THE WAY OF LIFE

on the occasion of

9th International Yoga Day 2023

Date: 15th June, 2023



Patron
Sri Vijay Dayal
Manager
Navyug Kanya
Mahavidyalaya
Lucknow



Chairperson
Prof. Manjula Upadhyay
Principal
Navyug Kanya Mahavidyalaya
Lucknow



Guest Speaker
Dr. Asim Kulshreshtha
International Yog Guru &
Assistant Professor,
Dept. of Yogic Sciences
and Human Consciousness,
Dev Sanskriti University,
Haridwar



Guest Speaker
Dr. Anuja Rawat
Associate Professor &
H.O.D., Dept. of Yoga
H.N.B. Garhwal University,
Srinagar

Time: 2:30 pm

On ZOOM PLATFORM

Organizing Members: Dr. Anurima Banerjee, Dr. Avnika, Dr. Arima Pandey, Dr. Pratima Ghosh, Dr. Chanpreet Kaur, Dr. Samana Abidi, Dr. Pratibha Chauhan, Dr. Sukhmani Gandhi, Dr. Shreya Sheel, Ms. Akshita Mishra

Navyug Kanya Mahavidyalaya, Lucknow is inviting you to a scheduled Zoom meeting.

Topic: Yoga - The Way of Life

Time: Jun 15, 2023 02:00 PM India

Join Zoom Meeting

<https://us02web.zoom.us/j/81474008657?pwd=bWo0N1hPOExzL3AybXdNd0ovQ044dz09>

Meeting ID: 814 7400 8657

Passcode: 573355