



**Nari Shiksha Niketan PG College, LKO**



**Department of Physical Education**

Organizing

**WEBINAR**

On

**"YOGA FOR WELL-BEING"**



**Manager**

Dr. Anil Agarwal  
(N.S.N PG College)



**Principal**

Dr. Sunita Kumar  
(N.S.N PG College)

**Date:- 21 June 2021**

(10:00 am To 11:00 am)

**On Google Meet**

**Organizing Committee**

All Students 😊

**B.A (Sem-6)**

Department of Physical Education

N.S.N P.G College, LKO

Session :- 2020-21



**Co-ordinator**

Dr. Mamta Dogra  
(Assistant Professor)