



Indraprastha College For Women
University of Delhi

Centre for Yoga and Well Being

presents

National Webinar

on

YOGA AND WELL BEING

by

Bodsphere
Samarthya & Preetika



on 18th June 2020

11:30 a.m. onwards

Dr. Seema Singh
Department of Physical Education

Prof. Babli Moitra Saraf
Principal

To join the webinar:

<https://meet.google.com/vaa-uvyg-muo>

E-certificates will be provided to all attendees!