

ONLINE SPECIAL YOGA CLASS

GOUR MAHAVIDYALAYA



DEPARTMENT OF PHYSICAL EDUCATION

**UTILITIES OF YOGA PRACTICES
IN OUR TODAY LIFE .**



Dr. S. K. Ganguly Former Principal & Adjunct Professor
GS College of Yoga & Cultural Synthesis, Kaivalyadhama
Lonavala, Pune (Maharashtra)

**Dated : 15th June
2021, 3.00 pm**

Mentor & Organizers

**Apurba Kumar Sinha
Aniruddha Singh Permar
Joyita Singha**

State Aided College Teacher



Platform : Google Meet (Link will be share
30 mints Before the Special Yoga Class)