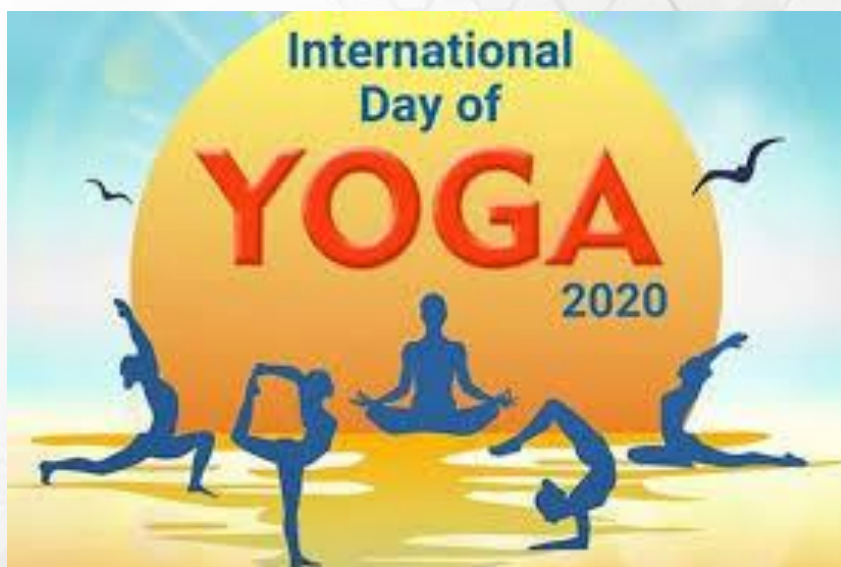


SPEAKER:

Mrs: Prerna Rao
Art of Living

About Yoga:

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. Given the context of the current COVID-19 pandemic including restrictions on the movement of people and a slowdown in economic activity, the benefits offered by Yoga have become especially important for physical and mental wellbeing. Of particular importance are its proven benefits on general health and immunity enhancement, along with its globally accepted role as a stress buster.



GUEST LECTURE SERIES: BCP-GL-2019-20/34

TOPIC:

“International Yoga Day”

Date : 21th June 2020

Time : 04:30 pm to 5:30 pm

Venue : Webinar

Co-ordinator : Dr. Sagar Patel

Dr. Galvina Pereira

Mrs. Swati Pitkar

Contact : 9970554166

RSVP to : galvinaferr@gmail.com

: ipamsb@yahoo.com

Link for Registration:

https://docs.google.com/forms/d/e/1FAIpQLSdY Pde0wrypDEcuc-yy_xvU-zC58hRRanSNH_Dbjep93ZBgpg/viewform?usp=sf_link