

# Two days Webinar

on

## “Yoga Practices for Mental and Physical Fitness”

29<sup>th</sup> April - 30<sup>th</sup> April, 2021

Name of Resource Person: S. Jagjiwan Singh

No. of Participants:

### **Notice**

### **Report**

Computonics Club of PG Department of Computer Science organized Two Days webinar on “Yoga Practices for Mental and Physical Fitness” under Healthy Life Series on 29<sup>th</sup> and 30<sup>th</sup> of April, 2021. The resource person "S. Jagjiwan Singh, Yoga Instructor, Department of Physical Education, Punjabi University, Patiala" explained the benefits of Yoga during Covid-19 Pandemic to stay fit and to improve immune system of body and demonstrate different Yoga Aasana.

### **Participants List**

### **Photographs**

Resource Person demonstrating Yoga Asanas and Faculty members attending  
the webinar through online mode

**Participants List**