



Gargi College

**(University of Delhi)
presents**

Being Fit & Living Healthy



**(Workshop for Non-teaching staff on the
occasion of International Yoga day)**

Under the aegis of
IQAC & Well-being center of Gargi College

June 19-23, 2023
Time: 9:00 – 10:00 am



Relax, Unwind & Learn:

- Sukshma Vyayama
- Disease specific asanas, Eye exercise, Surya Namaskar
- Pranayama and meditation, other deep breathing techniques
- Know your body - BMI, BMR, WHR, PAR-Q, Lifestyle assessment with LAI
- Strength check, flexibility check, agility check
- Relaxation techniques

Participants will be provided:

- **Certificates & mementos**
 - **Healthy Refreshments on all 5 days**
- *Minimum 80% attendance is required**

Registration Link -

<https://forms.gle/rTqejtWzi7vSvm6Z6>

Last date of Registration -

June 14, 2023

Organizing Committee

Patron

Dr. Sangeeta Bhatia
(Principal)

IQAC Convener

Dr. Renu Aggarwal

Conveners:

Dr. Sheela Kumari (Dept. of Physical Education)
Dr. Neha Sharma (Dept. of Chemistry)
Dr. Rakesh Kumar (Dept. of Physical Education)