



**INSTITUTE OF HOME ECONOMICS**

**UNIVERSITY OF DELHI**



**Department Of Physical Education  
and The Sports Committee**

*Cordially invite you to*  
**YOGA  
SERIES**

**(SESSION-1)**

*On the occasion of Teacher's Day*

**5th September 2023**

**Venue: Foyer, IHE Campus**

**Time : 10-11 A.M**

**Dress code: Comfortable Clothes for Yoga**



**PARTICIPANTS:**

**OPEN FOR ALL**

**Resource Person: Mr. Abhishek**

**Founder of Yoga Vihar Kendra, New Delhi**  
**Yoga research scholar**

**Shri Lal Bahadur Shastri National**  
**Sanskrit University, Delhi**

**PATRON**

Prof.(Dr.) Renu Arora  
Director, Institute Of Home  
Economies

**CONVENER**

Prof. Namita Saini  
**CO-CONVENER**  
Ms.Sharmila Rathee

**COORDINATING TEAM**

Prof. Geeta Punhani  
Ms. Anita George  
Dr. Sneha Abhishek  
Dr.Savita Bansal  
Dr.Sneha Yadav