

WEBINAR ON INTERNATIONAL YOGA DAY

June 21, 2020



On the Occasion of
International Yoga Day
A
Webinar

On : “Yoga-Breath Technique”
By : Sh. Gopal Krishan (Breathing & Yoga Expert AYUSH)
On 21.06.2020 at 10.00 AM

Join Us
<https://ecourts-india.webex.com/ecourts-india/j.php?MTID=mc5b37dad29b53e8ac1b842056376e92e>

LIVE [Facebook.com/Dlsa/?ref=bookmarks](https://www.facebook.com/Dlsa/?ref=bookmarks)

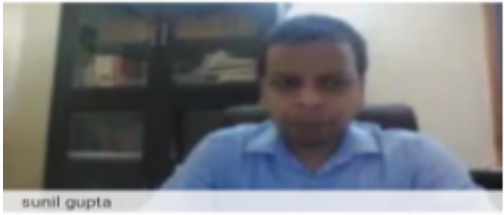
ORGANIZERS :

DLSA, North West DLSA, North DLSA, West DLSA, South West

अंतरराष्ट्रीय योग दिवस

On the occasion of **International Yoga Day 2020**”, North West, West and South West District Legal Services Authorities together organized a webinar **on 21st June, 2020**. for the students and faculty members of Maharaja Agrasen Institute of Management Studies and other esteemed Institutes. People from the bar also participated in the webinar. Sh. Sunil Gupta, Secretary, North West District Legal Services Authority along with the Sh. Praveen Kumar Gupta, HoD (Law) and Legal Aid Convener, Ms. Purnima Gupta, Department of Law, MAIMS conducted the event. The event was held through Cisco WebEx and was live on face-book too. The webinar was anxiously attended by faculty members of the esteemed college along with students of MAIMS.

The resource person for Webinar was Sh. Gopal Krishan, Executive member AYUSH Delhi Government. He explained the “Yoga- breath Technique”. The students, very curious and inquisitive, asked their doubts and asked various questions on the importance of yoga and other eating habits in the present situation of Covid-19 Pandemic. The prominent questions being: what continues and healthy diet, how to boost one's immunity etc. It was a very insightful and informative session for each one of us in order to successfully fight the current pandemic and improve our immunity to fight with such a disease. The faculty, students and friends of the bar really appreciated the session and enjoyed a lot during the session.



sunil gupta



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advocatepurnima (me)

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sunil gupta	Gopal Krishan	DSLSA Delhi State Legal ... (host)
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