



## **Parvatibai Chowgule College Of Arts And Science (Autonomous)**

### **INTERNATIONAL YOGA DAY**

On the occasion of **International Yoga Day**, which will be celebrated worldwide on 21<sup>st</sup> June 2021, the **Department of Physical Education and Sports Management** in association with **Department of Psychology** is conducting a Web Talk on the theme '**Importance of Yoga for Youth**'.

**Ms. Samita Sethi**, International Yoga Instructor & an alumnus of our college and **Dr. Golda Vas**, Assistant professor, Department of Psychology, will be the Resource Persons.

Time: **9.30am – 10.45am**

Google Meet Link: **<https://meet.google.com/boh-soyw-bju>**

This web talk shall be considered as an authorized extra-curricular activity event and students attending the same shall be eligible for award of 5 contact hours of non evaluative credits.

Students are required to provide their feedback on the below given link after attending the web talk in order to avail the above mentioned Non-Evaluative Credits.

Feedback Link: **<https://forms.gle/6g3R5vVZF66masQk9>**

19<sup>th</sup> June, 2021

Dr. Shaila R. Ghanti  
Offg. Principal