



# Panjab University Swami Sarvanand Giri Regional Centre

On the occasion of **International Day of Yoga** invites you to attend

## MIND, BODY AND SOUL: ACHIEVING HOLISTIC HEALTH THROUGH YOGA

### CHIEF PATRON:

Prof. Raj Kumar,  
Hon'ble Vice Chancellor  
Panjab University, Chandigarh

### PATRON:

Prof. Harminder Singh Bains  
Director- Professor  
PUSSGRC, Hoshiarpur

### HOW TO JOIN :

- Using Google Meet
- To join the session, click this link:  
<https://meet.google.com/noe-efkc-zpm>
- Kindly connect 10 minutes prior to the session to avoid any delay.

### CONTACT US :

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**21st JUN 2021 TO 25th JUN 2021**  
**TIME: 06:00 PM TO 07:00 PM**

**International Day of Yoga**