



Sports Committee

Panjab University Swami Sarvanand Giri
Regional Centre, Hoshiarpur organizes

A lecture on the Topic "Yoga for Health and Happiness"
on 21st June 2022 on the eve of

International Yoga Day

Chief Patron

Patron

Speaker



**Prof. Harminder Singh
Bains,**

Director PUSSGRC,
PUSSGRC, Hoshiarpur

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

Sh. Nikhil Sood
Counsellor & Yoga Instructor

Organizers

Venue: Campus Auditorium
Time: 04:00 PM to 05:00 PM

Sh. Harkamal Preet Singh, Sh. Vinay Arora,
Dr. Rajinder Singh, Ms. Savita Grover,
Sh. Gurwinder Singh, Sh. Rajkumar,
Sh. Himanshu Saini

