

**ONLINE SPECIAL YOGA CLASS**

**GOUR MAHAVIDYALAYA**



**ESTD - 1985**

**DEPARTMENT OF PHYSICAL EDUCATION**

**UTILITIES OF YOGA PRACTICES  
IN OUR TODAY LIFE .**



Dr. S. K. Ganguly Former Principal & Adjunct Professor  
GS College of Yoga & Cultural Synthesis, Kaivalyadhama  
Lonavala, Pune (Maharashtra )

**Dated : 15th June  
2021, 3.00 pm**

*Mentor & Organizers*

**Apurba Kumar Sinha  
Aniruddha Singh Permar  
Joyita Singha**

*State Aided College Teacher*



Platform : Google Meet (Link will be share  
30 mints Before the Special Yoga Class)