



National Service Scheme
Sri Arvind Mahila College, Patna
Accredited by NAAC with B⁺ Grade
(A Constituent Unit of Patliputra University, Patna)



NOTICE

International Yoga Day Celebration

Sri Arvind Mahila College, Kazipur, Patna

NOTICE

Date: 18.06.2021

Subject: Online Debate Session on International Yoga Day – "The Importance of Yoga During the COVID Era"

All students are hereby informed that an online debate session will be held on **21st June 2021** to celebrate International Yoga Day. This session, titled "**The Importance of Yoga During the COVID Era,**" will highlight the role of yoga in enhancing mental and physical health, especially during challenging times.

Event Details:

- **Session Type:** Online Debate
- **Date:** 21st June 2021
- **Platform:** Google Meet (Link- <https://meet.google.com/ivw-xats-yjw>)
- **Keynote Speaker:** Prof. Sadhana Thakur
- **Organizing Secretary:** Dr. Sapna Barua
- **Convener:** Dr. Rita Singh (Programme Officer, NSS Unit 2) and Dr. Geeta Kumari (Programme Officer, NSS Unit 1)
- **Coordinator:** Mr. Rajeev Shankar Sinha

Total Seats: 30

This session provides a valuable opportunity to understand the importance of yoga in promoting health and well-being during the COVID-19 pandemic. We encourage all students to participate actively.

Geeta Kumari

Dr Geeta Kumari
Programme Officer
NSS Unit 1

Rita Singh

Dr Rita Singh
Programme Officer
NSS Unit 2