Maharaja Agrasen College, Jagadhri

Sr. No. 147

Dated 13-01-2022

Notice

On the auspicious occasion of the 75th anniversary of Independence, come together to perform Suryanamaskar to promote a healthy lifestyle for all, as a token of gift to our beloved motherland India. So on this occasion our college NCC unit is going to organize 21 days Suryanamaskar practices session. From 14 Jan 2022 to 3 Feb. 2022 in blended mode. All students are advised to join this session.

Schedule of programme:-

| Sr no | Date of session | Time | Mode | Place/ link | Yoga expert |
|----------|--------------------|------------------|-----------------------|--|---|
| 1 | 14-01-2022 | 10am to 10.30am | Offline | College ground | Suchint Kaur Vice president National Yogasana Sport Federation (Haryana) |
| 2 | 15-01-2022 | 07am to 7:30am · | Google meet Online | https://meet.google.com/xvh- qohn-tcq | Suchint kaur |
| 3 | 16-01-2022 | 07am to 7:30am | Online | https://meet.google.com/xvh | Suchint kaur |
| 4 | 17-01-2022 | 07am to 7:30am | Online | https://meet.google.com/xvh | Suchint kaur |
| 5 | 18-01-2022 | 07am to 7:30am + | Online | https://meet.google.com/xvh | Suchint kaur |
| 6 | 19-01-2022 | 07am to 7:30am | Online | https://meet.google.com/xvh | Suchint kaur |
| 7. | 20-01-2022 | 07am to 7:30am · | Online | https://meet.google.com/xvh | Suchint kaur |
| 8 | 21-01-2022 | 07am to 7:30am · | Online | https://meet.google.com/xvh | Suchint kaur |
| 9 | 22-01-2022 | 07am to 7:30am | Online | https://meet.google.com/xvh | Suchint kaur |
| 10 | 23-01-2022 | 07am to 7:30am | Online | https://meet.google.com/xvh | Suchint kaur |
| 11 | 24-01-2022 | 07am to 7:30am | Online | https://meet.google.com/xvh | Suchint kaur |
| 12 | 25-01-2022 | 07am to 7:30am | Online | https://meet.google.com/xvh | Suchint kaur |
| 13 | 26-01-2022 | 07am to 7:30am | Online | https://meet.google.com/xvh | Suchint kaur |
| 14 | 27-01-2022 | 07am to 7:30am | Online | https://meet.google.com/xvh | Suchint kaur |
| 1.5 | 28-01-2022 | 07am to 7:30am | Online | https://meet.google.com/xvh | Suchint kaur |
| 16 | 29-01-2022 | 07am to 7:30am - | Online | https://meet.google.com/xvh | Suchint kaur |
| 17 | 30-01-2022 | 07am to 7:30am - | Online | https://meet.google.com/xvh | Suchint kaur |
| 18 | 31-01-2022 | 07am to 7:30am - | Online | https://meet.google.com/xvh | Suchint kaur |
| 19 | 01-02-2022 | 07am to 7:30am - | Online | https://meet.google.com/xvh | Suchint kaur |
| 20 | 02-02-2022 | 07am to 7:30am - | Online | https://meet.google.com/xvh | Suchint kaur |
| 21 | 03-02-2022 | 07am to 7:30am - | Online | https://meet.google.com/xvh | Suchint kaur |

Principal

ncipal

Lr. Anil Kumar Convener

Dr. Vijay Chawla Organizing secretary Mr. Gourav Bareja Organizing Secretary