

Maharaja Agrasen College, Jagadhri

Sr. No. 147

Dated 13-01-2022

Notice

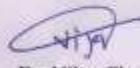
On the auspicious occasion of the 75th anniversary of Independence, come together to perform Suryanamaskar to promote a healthy lifestyle for all, as a token of gift to our beloved motherland India. So on this occasion our college NCC unit is going to organize 21 days Suryanamaskar practices session.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

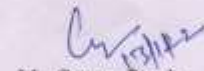
Schedule of programme:-

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
15	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


Lt. Anil Kumar
Convener


Dr. Vijay Chawla
Organizing secretary


Mr. Gourav Bareja
Organizing Secretary