



**Mahatma Education Society's
Mahatma Night Degree College of Arts and Commerce,
Chembur, Mumbai 71**

NAAC Accredited "B++" Grade 2.89 CGPA

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We welcome you to the International Yoga Day celebrations!

The NSS and NCC Units of the college are celebrating International Yoga Day by organising a National Level Webinar on Sunday 21 June, 2020 , Time 11.00am to 12.30pm.

Flier of the event is shared.

Objective : The Covid-19 pandemic and the lockdown period has increased stress and anxiety levels among people. Practising yoga will help in reducing stress and maintaining an emotional balance.

The theme of the webinar is:

"YOGA FOR EMOTIONAL BALANCE"

Our Resource Person is Ms. Shilpa S. Ghone, a senior yoga practitioner who has 14 years of experience as a yoga teacher. Shilpa S. Ghone was associated with Kaivalyadhama Yoga Institute, Mumbai, and has chosen yoga as her way of life.

Please join the webinar and benefit from it!

Registration is free.

Click here for registration: <https://forms.gle/MQcMJrb8EC33mpW6>

Our Patrons:

Dr. K.M.Vasudevan Pillai, Chairman & C.E.O. Mahatma Education Society's Pillai Group of Institutions

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