



Azadi Ka Amrit Mahotsav
International Yoga Day

Webinar@SCTIMST: 18th June 2022 ,
8:00 pm -9:00pm

"5 min: yoga break @work place"

Speaker:
Dr Arun Thejaus MD
Assistant Professor @Nitte CIMR,
Ex SRF-Yoga Research @SCTIMST

Webinar Link : <https://sctimst.my.webex.com/sctimst.my/j.php?MTID=m22653b27ee40f7d57933287269ced10d>