

Organize

## 3 Days online Yoga Workshop on

# “ Yoga for Concentration & Usefulness ”



**Yoga Guru Dheeraj**  
Vashistha Yoga Ashram, A'bad

Day

1

Session Details

### Yoga for Concentration & Focus

(Asan, Pranayama & Meditation)

Date: 24<sup>th</sup> August, 2020 | Time: 05:00 PM to 06:00 PM

Day

2

Session Details

### Yoga for Personality Development & Career Growth

(Asan, Pranayama & Motivational Speech)

Date: 25<sup>th</sup> August, 2020 | Time: 05:00 PM to 06:00 PM

Day

3

Session Details

### Yoga for Youth fulness, Healthy & Fit (Mind & Body)

(Complete Basic Yoga Practice)

Date: 26<sup>th</sup> August, 2020 | Time: 05:00 PM to 06:00 PM

Registration Link

<https://forms.gle/B93aEwzaaBiod1Kk9>

Registration Link Date will be open till 23<sup>rd</sup> August, 2020

Co-ordinator

**Dr. Akash Gohil**  
Sports Officer,  
GTU



<https://www.facebook.com/gtuoffice>

Invitee

**Prof. (Dr.) Navin Sheth**  
Vice Chancellor,  
GTU

**Dr. K. N. Kher**  
Registrar,  
GTU