



**2021-2022**

**Name of the Department/Society: WDC**

**Name of the Event 8:** Workshop on capacity building of Women through Yoga

**Date of the Event:** 5<sup>th</sup> November 2021

To facilitate the capacity building and personality development program put forth by the National Commission for Women (NCW), WDC Hansraj organized a Workshop on Capacity building of women through YOGA on 5<sup>th</sup> November from 4 PM to 6 PM.

Our honorable speakers for the session were: Dr. Neeta Rani, Vice-President: Gautam Budha Nagar Yogasan Sports Association, Dr. Deepti Sambher, YCB Evaluator and Teacher, Spiritual Healer, Numerologist, and Life coach, and Ms. Kavita Sharma, Yoga Teacher & Evaluator. The event was a great success. More than 150 people joined the webinar and did Yoga with our speakers online.

