



Online Workshop on

YOGA @ WORKPLACE

(With **ERGONOMICS** Tips)

19th December, 2021

SUNDAY

10:00 AM TO 04:30 PM



TOPICS COVERED:

1. Health issues at Workplace
2. Ergonomic tips for Occupational Health
3. Yoga for Occupational Health
4. Y-Break at Workplace



Schedule



Registration



Y-Break App

OUTCOMES:

1. Know the cause of Health Issues at Workplace
2. Know how to Modify the Workplace
3. Overcome Work Related Health Issues
4. Practice Yoga @ Workplace

E-CERTIFICATE will be provided to all the Participants

FEE: Rs. 500/- (Rs. 250/- for Students of MDNIY)

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