

Indraprastha College for Women
University of Delhi

16 June 2016

NOTICE

IPE/11/06

International Day of Yoga

The Indraprastha College for Women is observing the **Second International Day of Yoga** on 21 June 2016. Students, College Staff and Community alongwith their families are invited to attend and observe the International Day of Yoga by participating in the program given below:

Venue: College Gymnasium

Programme:

- | | |
|---|-------------------|
| 1. Gathering of participants - | 06:45 a.m. |
| 2. Talk by Yoga expert Mr. Chanderveer Dagur - | 07:00-07:10 a.m. |
| 3. Demonstration by student trainees & expert - | 07:10-07:20 a.m. |
| 4. Practice of yoga by the participants - | 07:20-07:45 a.m. |
| 5. Questions & Answers session - | 07:45 a.m. onward |

Light refreshment will be served in the end.



Principal