

Indraprastha College for Women  
University of Delhi

14 June 2017

**NOTICE**

IPC/89/06

**International Day of Yoga**

The Indraprastha College for Women is observing the **Third International Day of Yoga** on 21 June 2017. 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