

**Indraprastha College for Women  
University of Delhi**

20 April 2018

IPC/86/CA

**NOTICE  
International Yoga Day**

**Essay Competition**

On the occasion of "4<sup>th</sup> International Yoga Day", Department of Physical Education is organizing an Essay Competition for all.

**Topic:**

- 1) Can Yoga replace medicines?
- 2) Importance of Yoga for college students
- 3) International Yoga Day: A Critical Review

**Rules:**

1. To submit essay:
  - (a) Online = [ipc1924@gmail.com](mailto:ipc1924@gmail.com)
  - (b) Offline/hardcopy = Department of Physical Education in between 10:00 a.m. to 1:00 p.m.
2. Word limit- Max. 600 words & Min. 450 words.
3. Medium of language – English or Hindi
4. Only one entry per person per language.
5. Anyone can participate.
6. Top six entries will get exciting prizes.
7. All participants will get certificates.
8. Last date for submission is 31<sup>st</sup> May 2018.

  
**Principal**