

Indraprastha College for Women
University of Delhi

15 June 2018

NOTICE

IPC/87/06

International Day of Yoga

The Indraprastha College for Women is observing the **4th International Day of Yoga** on Thursday, 21 June 2018. 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 Front Lawn

Programme:

- | | |
|---|--------------------|
| 1. Gathering of participants - | 07:00 a.m. |
| 2. Talk by Yoga expert - | 07:10 - 07:20 a.m. |
| 3. Demonstration by student trainees & expert - | 07:20 - 07:30 a.m. |
| 4. Practice of yoga by the participants - | 07:30 - 08:00 a.m. |
| 5. Prize Distribution of
Essay Competition Winners - | 08:00 a.m. |
| 6. Questions & Answers session - | 08:10 a.m. onward |

Light refreshment will be served in the end.



Principal