

**Indraprastha College for Women**  
**University of Delhi**

19 June 2019

IPe/55/06

**NOTICE**

**International Day of Yoga**

The Indraprastha College for Women is observing the **5<sup>th</sup> International Day of Yoga** on Friday, 21 June 2019. Students, College Staff and Community along with 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 -                  | 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. Questions & Answers session -                | 08:10 a.m. onward  |

Light refreshment will be served in the end.



**Principal**