

Indraprastha College for Women

University of Delhi

Report on 3rd International Day of Yoga

The 3rd International Yoga Day was organised with great enthusiasm on 21st June, 2017. The event took place in I.P. College gymnasium hall, from 7 am onwards. The Principal welcomed the large number of participants from staff and their family members, students and the neighbouring community. The NSS organized a lecture on yoga by yoga expert, Mr. Chanderveer Dagur. He also held a demo and paratise session with the participants. Many of them are regular member at the yoga classes hosted by the Department of Physical Education and Sports of I.P. College. The session ended with a question-answer round. Many participants approached the expert, to begin sessions in yoga separately.

Refreshments and information docketts were given to all the participants.



Dr. Babli Moitra Saraf

Principal

Date: 21.06.2017