

PGDAV College (Eve.)
Nehru Nagar, New Delhi – 110065

11.06.2019

NOTICE

Dear All,

The Yoga club of P.G.DA.V College (Eve.) is going to celebrate the International Yoga Day on June 21st 2019, in Seminar hall of the college from 3.00 p.m to 7.00 p.m.

To deal with the challenges of the modern life style, yoga can help in bringing equilibrium between mind, body and soul.

Highly accomplished Yoga expert Ms. Soumya is being invited to demonstrate the technical aspects of Yogic Aasanas, pranayama and meditation. She will also conduct the practice session.

The practice session will be followed by refreshment.

You all are requested to be a part of this celebration and take full advantage of these unique techniques.



Dr. Shruti Vip (Convenor)



**Dr. R.K Gupta
Principal**