



मन अर्थात् चित्त की वृत्तियों का सर्वथा रुक जाना योग है ।

# BHAGINI NIVEDITA COLLEGE

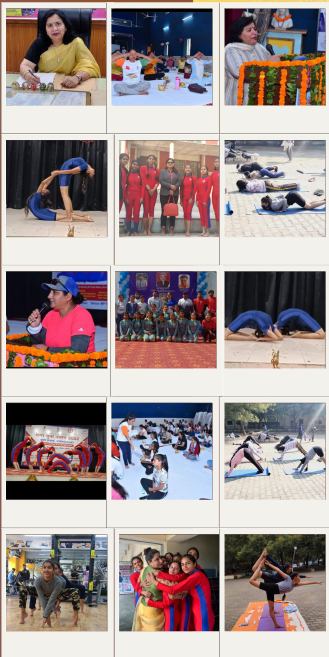
UNIVERSITY OF DELHI

Department of Physical Education & Sports Sciences

INVITES YOU TO

## INTERNATIONAL YOGA DAY – 2023

" योग: स्वस्थ जीवनम् "



**Dr. Mamta Sahrawat**  
Teacher In-charge

**Dr. Raj Bhardwaj**  
Officiating Principal

JUNE 21<sup>ST</sup> 2023, VENUE : MP HALL

REPORTING : 7 : 30 A.M

Student Coordinators :

Miss. Anjali

| President |

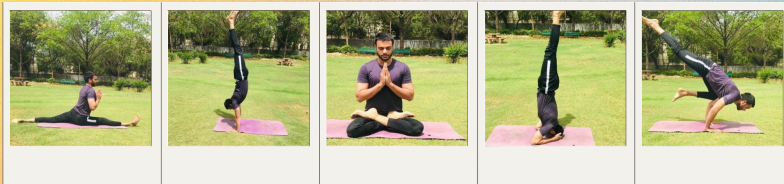
Miss. Khushi Tyagi

| Vice President |

# CELEBRATION OF 9<sup>TH</sup> INTERNATIONAL YOGA DAY 2023

- Introduction of the event
- Welcome address by Principal Dr. Raj Bhardwaj
- IYD Asanas Protocol by Mr. Dheeraj Yadav
- Vote of Thanks by Dr. Mamta Sahrawat

## Mr. Dheeraj Yadav [Yoga Expert]

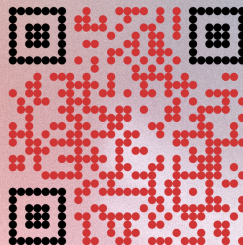


*Certificates will be given to each participant, and refreshment will be served.*

# SCAN



TO REGISTER YOURSELF



**Organizing Team**  
**Sports Committee & Student Coordinators**