



**Department of Physical Education and Sports Sciences
in the collaboration with Student Sports Council
Gargi College**



**Cordially invite you to participate in
8th International Day of Yoga (IDY)**

**21st June 2022
10: 00 a.m. to 12.00 p.m.
Auditorium Basement**

Programme

- Yoga Protocol Practice with Yog Guru, **Ms.Neha Vasishst**, Founder Member of Women Health Research Foundation (Trust) and Yoga Guru Institutions followed by an:
- Interactive Talk on Yoga & Health

You can also access online activities / competitions organized by Ministry of Ayush through My Gov. Portal at:
<https://www.mygov.in>



You can also download the following mobile applications on Yoga for regular self-practice from Google Play Store / iOS.

1. Y-Break
2. M-Yoga
3. Namaste Yoga

**Prof. (Dr.) Promila Kumar
Patron**

**Dr. Sheela Kumari S.
TIC, Physical Education &
Dr. Rakesh Kumar**