



INTERNATIONAL DAY OF

yoga

**K.L MEHTA DAYANAND COLLEGE FOR
WOMEN, FARIDABAD**

***Physical Education & Sports Department
Celebrates***

***International Yoga Day
21st June, 2020***

State Level Inter College Competition

*Competitions to be held
are:*

3 Asanas & 2 Pranayams



Students can send their Asanas & Pranayama videos with their names, college name and contact number at: manjudua17@gmail.com

★ Students can also send their videos on the given whatsapp number.

★ Please send your videos latest by 21st June, 2020 12p.m

★ Declaration of result will be on 21st June, 2020 5p.m

E-Certificates will be given to all winners and participants.

(To spread positivity during Crisis)

Convener:

Dr. Manju Dua-8837722768

Ms. Sangeeta Adlakha-7982082110

Yoga Coach-9716245137

Patron:

Dr. Vandana Mohla

Officiating Principal