



# NIPGR cordially invite you to be part in International day of yoga celebration

## Program details

❖ 5:00 pm to 5:20 pm

Seminar by Dr. Ajay Kumar Shastri  
(Yogacharya) NIPGR Auditorium

❖ 5:20 pm to 5: 40 pm

Sukshma Vyayam and Meditation

❖ 5:45 pm to 6:30 pm

Yogabhyas (protocol postures) at  
reception area of NIPGR

❖ Seasonal fruits and Juice

## Venue and Time

June 21, 2019

NIPGR

5:00 pm-6:30 pm

**All NIPGR members and families are welcome**

Wellness Centre Committee

NIPGR, New Delhi