

INVITATION

YOGA FOR HEALTH AND INNER PEACE

Lets spread the benefits of yoga and meditation and create a healthy society. All faculty, students and alumni of the college are cordially invited alongwith family members for a Yoga Session with Krishna Tarangam, a renowned NGO for the cause of spiritual, mental and physical awakening at the College Auditorium, Avadh Girls' PG College on the occasion of International Yoga Day.

Save the date and join us on **21st June 2019 at 9 am.**

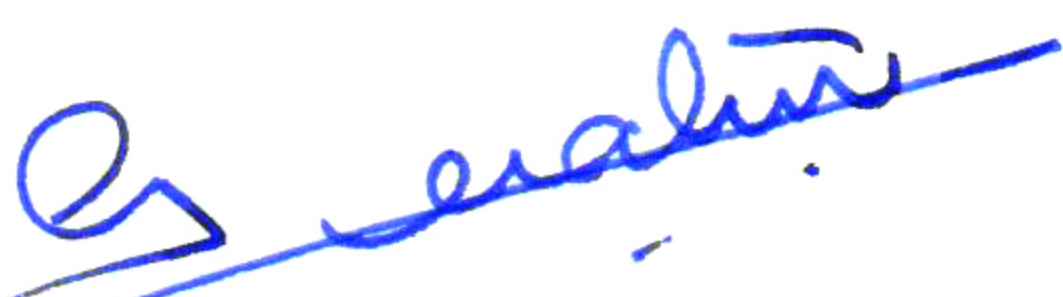
Yoga is a perfect exercise for health and well-being. Regular practice of Yoga – the spiritual, mental and physical practice brings real peace of body, mind and soul, infuses vitality of mind, maximizes body strength, enhances memory and helps one adopt a positive approach towards life.

This programme will give us an opportunity to practice yoga and learn how to focus and create inner peace in our lives.

Please wear convenient clothing. It is **compulsory for all NSS volunteers** to attend the Yoga session.

Welcome to an inspiring and joyful Yoga Day. Looking forward to meeting you at the Yoga Session!

With warm regards,



Principal
Avadh Girls' PG College
Lucknow
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AVADH GIRLS' DEGREE COLLEGE
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