



# Delhi Metropolitan Education

Affiliated to GGSIP University, New Delhi & Approved by Bar Council of India

## NOTICE

20 June, 2019

For the past five years, the **International Day of Yoga** is celebrated annually on June 21 to raise global awareness about the benefits of this ancient Indian practice. On December 11, 2014, the United Nations General Assembly declared June 21 as 'International Day of Yoga'-months after Prime Minister **Narendra Modi** had proposed the idea.

**DME Sports Society** is pleased to inform you that we are also organising a '**Yoga Session**' on June 21, 2019 (Friday) at our college premises. The session will begin sharp at 09:30 am in the reception area.

**Dr. Sandeep Singhal**- an expert in Naturopathy and Yoga will be our guest and the instructor for the occasion.

*Note: You all are requested to wear Yoga dress or any sports attire for the Yoga Session. Also, bring a Yoga mat/bedsheet along with you.*

### **Schedule of the event**

**Venue: DME Reception Area**

Time	Activities for June 21, 2019 (Friday)
9:30 AM-	Welcoming of Guest by Ms. Sanchita Chakraborty, Assistant Professor, DME
09.35AM	Felicitation of the guest by Mr. Aman Sahni, Vice Chairman, DME & DTC
09:35-10:20AM	Yoga Session by Dr. Sandeep Singhal for DME faculty and Staff
10:20 AM	Question & Answer Session by Dr. Sandeep Singhal
10:30 AM	Vote of Thanks by Ms. Kritika Sati, Assistant Professor, DME

Mohd Kamil

Sports Convener

DME