

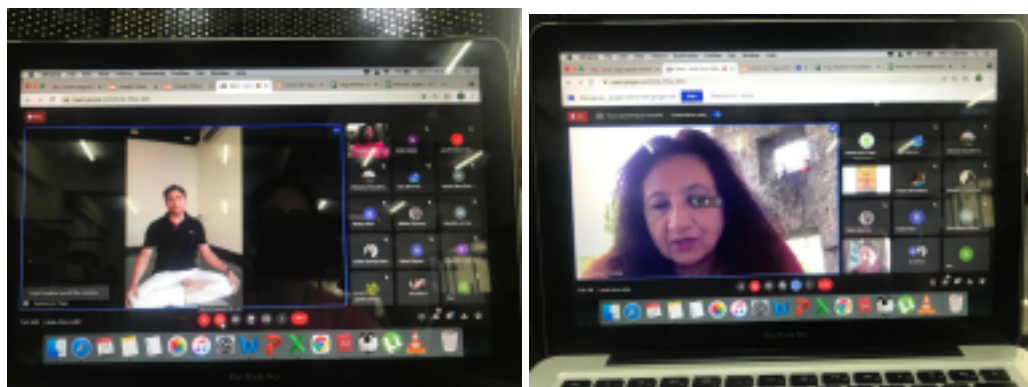
# ***REPORT***

## **7TH INTERNATIONAL DAY OF YOGA**

On the occasion of the 7th International Day of Yoga, The Centre for Yoga and Well Being of Indraprastha College For Women organised a Yoga session and an Online yoga Asanas Competition. Due to the ongoing pandemic, Yoga Day was celebrated virtually this year also. It provided an opportunity to explore and make good use of different platforms and softwares and organise many more events. The online Yogasanas competition was organized for female college students across all Indian Universities and institutes. A total of 13 entries were received and the winning three entries were to be awarded with prize money of Rs. 1000, Rs 800 and Rs 500. The Principal, very generously, increased the original prize money to Rs. 2000, Rs. 1500 and Rs. 1200 respectively.

On 21st June 2021, the Yoga Expert, Mr. Chanderveer, conducted an Online Yoga Session. More than 100 participants from College staff, students and community members attended the session and performed along-side too. Mr Chanderveer performed the various asanas and enlightened the participants on the importance of breathing and mediation, while simultaneously performing the same. The College Principal, Prof. Saraf also announced the results of the Online Yogasanas Competition in this session.

Some glimpse of the session.





IPCW-ON

**Indraprastha College for Women**  
University of Delhi

**Center for Yoga and Well-Being**

*organizes*

**"Yoga Asanas Competition"**

*on the occasion of*

**INTERNATIONAL DAY OF YOGA**

- One participant can send only one entry.
- Only female candidates allowed.
- All asanas video should be in one file only.
- Last date to send video is **21st June 21**
- Applicants should perform Four asanas (Asanas from the list & 1 of their own wish)
- Cash Prizes up to **₹1000/-**

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Google Form Link  
<https://cut.ly/2eholke>



IPCW-ON

**Indraprastha College for Women**  
University of Delhi

**Center for Yoga and Well-Being**

*organizes*

**Live Yoga Session**

*by*

**Yog Acharya - ChanderVeer**

*on the occasion of*

**7<sup>th</sup> INTERNATIONAL DAY OF YOGA**



📅 21st June, 21

🕒 7:30am

📍 Google Meet

<https://meet.google.com/bmk-hhcu-ddn>

*You are cordially invited.*