



St. Xavier's College
(Autonomous), Kolkata



INTERNATIONAL
DAY of
YOGA
JUN 21 2019

- The Event aims to:
- Promote Yoga among youth and invoke the sentiment of National Pride in proliferating Yoga to the rest of the world.
 - Adopt yoga as a part of activities to encourage physical well being.
 - Focus on Common Yoga Protocol (CYP).
 - Promote Summer Yoga Programmes.

Date: 21st June, 2019, 9:30 A.M. onwards
Venue: Seminar Hall, B.Ed. Building

STUDENTS, STAFF, PARENTS, ALUMNI/AE & ALL STAKEHOLDERS ARE INVITED TO TAKE PART IN THE EVENT.

Contact Prof. Dona Das Sengupta (9331274701) for further details and registrations.