



## **Women Development Centre**

International yoga day is celebrated every year on the longest day of the year- 21st of June. Yoga is an ancient Indian practice that connects the mind and body and is a way of oneness with self and the nature. Let us all come together as a family to celebrate and create awareness on the benefits of practising yoga .



**Yoga session by**

**Smt . Deepa**

**Patanjali yoga kendra**

**On 21-june-2020 @ 9:30 am**

**All are cordially invited**

**Dr Sushama Bavle**  
**Principal , mLAC**

**Prof Aruna H.K**  
**WDC , Cordinator**

**On Google meet**

**[click here for the link](#)**



### ***NOTE***

Participants can perform along with instructor during the demonstration