

MOUNT CARMEL COLLEGE AUTONOMOUS
Department of Physical Education
INTERNATIONAL YOGA DAY



As part of the International Yoga Day , Department of Physical Education invites you all for a workshop on THE HEALING POWER OF YOGA by Ms.Swathi.

9 AM - 10 AM | June 21st, 2023

📍 BASKETBALL COURT

Dear all,

In view of International Yoga Day on 21st June 2023, the Department of Physical Education, Mount Carmel College Autonomous, Bengaluru, invites you to participate in A Workshop on THE HEALING POWER OF YOGA

Instructions to follow for the workshop:

- 1) Avoid heavy meals an hour before the workshop.***
- 2) Do wear comfortable clothes.***
- 3) Kindly bring your own yoga mats or bedsheets for the workshop***

For more details, kindly contact

Dr K Mary Dolly

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