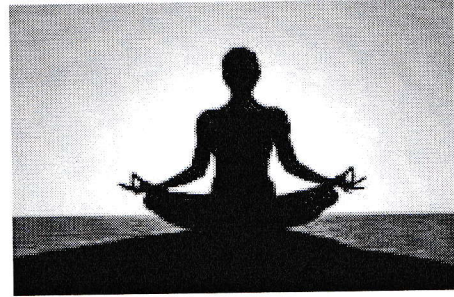


परिपत्र/Circular

As we all know that 21st June has been declared as "**International Day of Yoga**" by the UN General Assembly. Yoga, which is more than 6000 years old Physical, mental and spiritual practice has its origin in India and aims to transform body and mind. It is not about exercise but to discover the sense of oneness with self, the world and the nature.

On the occasion of International Day of Yoga, DARC CDA Guwahati in association with **Patanjali Yoga Peeth, Satgaon Narangi** is organizing a Yoga Camp under the leadership of **Deepak Agarwal**.

We will be delighted to have each and every member of your family to join us for the camp and learn how to improve one's Physical and Mental health and achieve the level of fitness to make an effort to improve the society as a whole.



We anticipate your kind presence and active participation at the following time and venue:

21st June, 2017

Venue:

Time:

International Day of Yoga

Community Hall, CDA Guwahati

7.00 AM

** Dress Code: Salwar Kameez/ Kurta-Payjama /Track Pants-T-Shirt (For Ladies)
Kurta-Payjama/Track Pants-T-Shirt (For Gents)*

*** Please bring Yoga Mat for better performance.*

CDA has seen.


DARC Secretary

बितरण/Distribution:

- 1) All Officers of MO CDA Guwahati
 - 2) All Officers of CDA (BR) Guwahati
 - 3) All Local Sub Offices
 - 4) PA to CDA/Addl.CDA/Secy DAD Residential Colony
 - 5) Notice Board
 - 6) Website
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