



INDIRA GANDHI NATIONAL OPEN UNIVERSITY

REGIONAL CENTRE - DARBHANGA

21ST JUNE, 2023

9TH INTERNATIONAL DAY OF YOGA

“हर आंगन योग”

(ACTIVITIES)

“बसुधैव कुटुम्बकम्”



1. Yoga Practice :- 06:30 AM
2. Yoga Demonstratin by
(Dr. Shambhu Mandal) :- 12:15 PM
3. Quiz Competition :- 01:00 PM
4. Slogan Competition :- 02:00 PM



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