



Ministry of Culture  
Government of India



*Cordial Invitation*

**INDIRA GANDHI NATIONAL CENTRE FOR THE ARTS**

in collaboration with

**SANSKRITI FOUNDATION**

*Celebrates*

INTERNATIONAL DAY OF

**YOGA**

(with staff members)

*on*

**21<sup>st</sup>**  
June 2023

**Venue: Sanskriti Kendra**  
Anandagram, Mehrauli  
Gurgaon Road, New  
Delhi- 110047

**YOGABHYAS**

with Yoga trainer *Shri Binay Kumar Thakur*

**TIME- 8:15 AM**



**Lecture**

**'Deeper Aspects of Science of Yoga'**

*by Dr. Alka Tyagi*

**TIME- 9:15 AM**

**Note: Departure from IGNC A by buses- 7:00 AM**