



# Indira Gandhi Delhi Technical University for Women

IS ORGANISING

**THE TRANSFORMATIVE POWER OF  
YOGA: OVERCOMING THE SEDENTARY  
LIFESTYLE BARRIER.**

ON THE OCCASION OF

**INTERNATIONAL  
YOGA DAY**

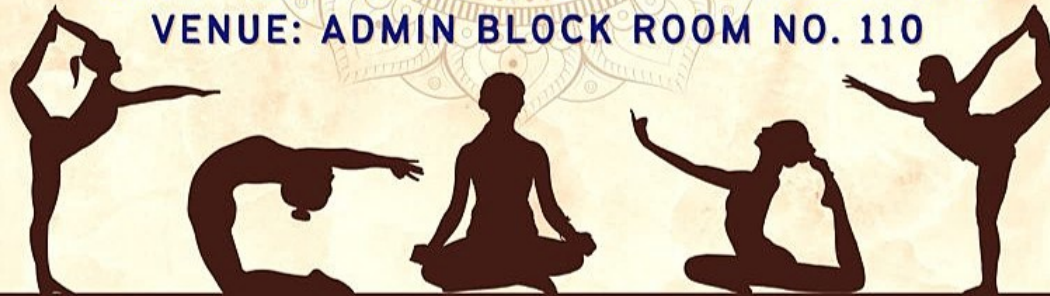
DATE- 21ST JUNE, 2023 TIME: 3:00PM

VENUE: ADMIN BLOCK ROOM NO. 110



**SHUCHI MOHAN**

PHYSIOTHERAPIST, THERAPEUTIC  
YOGA CONSULTANT, AND YOGA  
WELLNESS INSTRUCTOR.



Coordinators:

Prof. Rashmi Asht

Dr. Monali Wankar, Chief Warden

Ms. Sarika, Asst. Warden

IGDTUW hostel