

THE BOSTON GROUP



NAAC Accredited
UGC Approved
Permanently Affiliated



International day of YOGA

It is a matter of pride & privilege that the UNO has accepted the Indian proposal and declared June-21 as the International Day of Yoga. This is the first occasion of celebrating this day.

The Boston group is organizing following activities on the occasion:

- 1st. Yoga activities/Demo by Yoga Experts at 7.00am on June 21, 2015.
- 2nd. Yoga Exhibition on Yoga postures (on poster) at 9.00am on June 21, 2015.
- 3rd. Online Essay Competition. Participation in this event will be accepted from June 11 to June 15, 2015. The participants are required to mail their essay (not exceeding 1000 words in Hindi/English) in .pdf or .jpg file to info@bostoncollege.in on any one of the following topics:
 - a. History of Yoga
 - b. Benefits of Yoga
 - c. Present Day life Styles and Role of Yoga

If the content was found copy and pasted, the participant will be disqualified.

Important:

- (1) Yoga breakfast will be served to all participants on June 21, 2015 at 8.30am.
- (2) Best performers will be recognized by Certificates and Prizes on June 21, 2015 at 10.00am.
- (3) The participants of 1st activity should come with their mat.
- (4) For 1st & 2nd activity, the participants are required to submit the filled registration form by 2.00pm on June 18, 2015. The forms are available with Mr. Sanjay Shrivastav Secretary to the Principal.
- (5) Participation from the surrounding localities will be welcomed.
- (6) Participation of Boston College Students and Staff is essentially desirable.
- (7) For any query please contact > 9827445279

Principal (Dr. CK Shrotri)
Boston Campus, Sirol Road, Gwalior-474006 (MP)