



**THE INSTITUTE OF
Company Secretaries of India**

भारतीय कम्पनी सचिव संस्थान

IN PURSUIT OF PROFESSIONAL EXCELLENCE

Statutory body under an Act of Parliament

**NORTHERN
INDIA
REGIONAL
COUNCIL**

Cordially Invites you

at

INTERNATIONAL YOGA DAY CELEBRATION

On the theme

“Corporate Yoga”

under the guidance of

Shri Navin Kumar Bhagel

**(Center Manager & Practitioner in Yoga &
Naturopathy, Aarogyam Research Foundation, Noida)**

on

Friday, the 21st June, 2019 from 5.30p.m. onwards

at

**ICSI-NIRC Building,
4, Prasad Nagar Institutional Area, New Delhi**

Coverage:

- 1. Chair Pranayam & Suskuma Yoga practice**
- 2. Stress management**
- 3. Pain management (cervical, cervical spondylitis, back pain, slip disc, knee pain, muscular pain etc)**

NO PARTICIPATION FEE

Registration:

In order to make necessary arrangements, members and students are requested to confirm their participation at niro@icsi.edu. Tel.: +91-11-49343003

MEMBERS AND STUDENTS ARE REQUESTED TO PARTICIPATE IN LARGE NUMBERS

With best regards,

CS GS SARIN

CS SURESH PANDEY

CS VIMAL GUPTA

CS SUSSHIL DAGA

Chairman NIRC-ICSI
Mob.9814685649

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