

INTERNATIONAL DAY OF YOGA

June 21, 2018


PROGRAM

<u>Time</u>	<u>Activity</u>
06.30 am – 07.00 am	Brief Opening remarks on 'Significance of Yoga Day & the Practice of Yoga' (Examination Hall)
07.00 am – 08.00 am	Yogic Exercises, as per Common Yoga Protocol, under the supervision of a Yoga Trainer, Sh. Samar Pal Arya (Examination Hall)
08.00 am – 08.30 am	Alpahar (light breakfast)
08.30 am – 09.30 am	Lecture on 'Dhyaan Yoga – a way of life' by Acharya Somdev Ji (Senate Hall)
09.30 am – 10.00 am	Interactive Session & Valedictory

Note: Distribution of Yoga Literature (soft copy)

- Resource Persons:**
- 1. Acharya Somdev Ji
Rishi Udhyan, Ajmer (Rajsthan)**
 - 2. Sh. Samar Pal Arya
Gurukul, Kurukshetra**

All the faculty members, staff, their families and students are cordially invited to participate in the program so that we become a part of the national initiative to make Yoga a way of life, with even greater and more active participation during the current year celebrations.


Dean (SW)

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All Notice Boards (Institute & Hostels)
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