Yoga Day 1 – Friday, 20 June

Celebrate International Yoga Day, a global tribute to the ancient practice rooted in physical, mental, and social well-being, emerged in recent decades, initiated by the United Nations. Recognized for its holistic approach to health, this day underscores the profound impact of yoga on individuals and communities worldwide. Lets Join us in yoga to foster unity and promote harmony through personal and collective transformation.

Time	Program
7:00 – 7:30	Registration and Welcome with Tea and Coffee
7:30 – 7:40	Chief Guest Talks: An Inspiring Message from Chief Guest
7:40 – 7:50	Talk on Yoga and International Yoga Day
7:50 – 8:00	Introduction to Yoga (Yoga Chakra) Yoga Chakra Yoga Chakra Yoga Chakra