



**GANDHI BHAWAN
&
NATIONAL SERVICE SCHEME (NSS) CENTRE
UNIVERSITY OF DELHI**

celebrate

International Yoga Day

PROGRAMME SCHEDULE

21 June 2017

- 8:00 a.m. : **Documentary on Yoga** – Common Yoga Protocol
- 8:30 a.m. : **Welcome Speech**
Prof. Anita Sharma, Director, Gandhi Bhawan, D. U.
- 8:40 a.m. : **Inaugural Speech**
Prof. Yogesh K. Tyagi, Hon'ble Vice Chancellor, D. U.
- 9:00 a.m. : **Yoga for Blissful Relaxation**
Shri Indra Narain Raman, Yoga Organizer, Gandhi Bhawan
- 9:40 a.m. : **Demonstration of Yogasanas**
Shri Deepak Tyagi
- 10:00 a.m. : **Pranayama and Meditation for Stress Management**
Shri Chandervir Singh Dagur
- 10:20 a.m. : **Rhythmic Yoga**
Students - Lakshmibai College, University of Delhi
- 10:30 a.m. : **Yogasanas (2 items)**
NSS students
- 10:50 a.m. : **Vote of thanks**
Ms. Parminder Sehgal, NSS Coordinator, University of Delhi
- 11:00 a.m. : **Alpahar**
- 8:30 a.m. – 1:00 p.m. : **Healing Session** on 'Acupressure with Magnets and Seeds'
Ms. Madhavi Chakrabarti

**Prof. Anita Sharma
Director, Gandhi Bhawan**