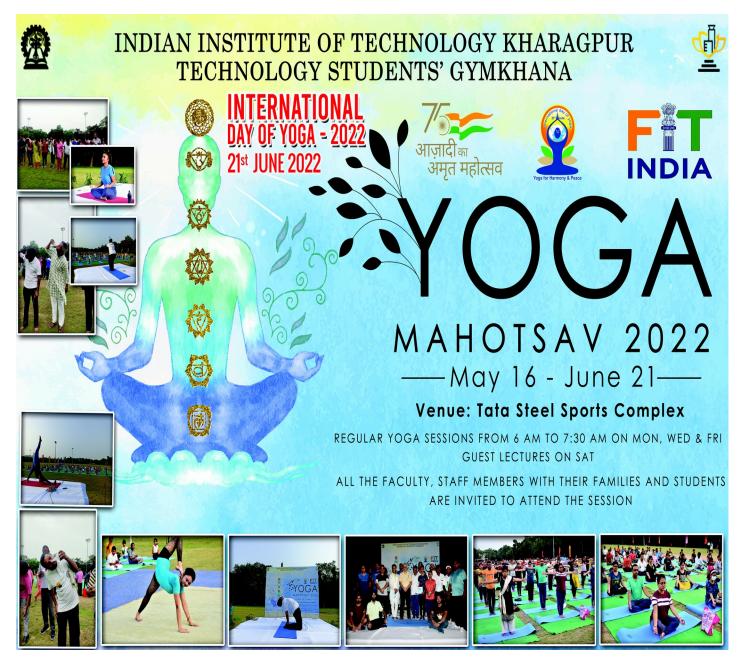
8th International Day of Yoga 2022

"Yoga for Humanity".



Schedule:

Date: 21st June 2022

Time: 6 AM to 7:30 AM

Venue: Tata Steel Sports Complex

Live feed: YouTube Channel of TSG: https://youtu.be/ieOqwpFbBMg

Time (06.00-08.00 AM)	Program Schedule
6.00AM	Welcome by President, TSG
6.02AM	Speech by Prof. V.K. Tewari, Director IIT KGP
6.10AM	Speech by Swami Kaleshananda (CEO) Belur Math
6.40AM	Practice of 16-Asanas prescribed by the ministry
7.10AM	Demonstration on Rope Yoga
7.30AM	Vote of thanks
7.32AM	National Anthem

Evening Session (Venue : Kalidas Auditorium)

4.30-6:00 PM	Talk and Interactive Session
	Dr. Satya Sawant, MBBS, DGO (LHMC), MIMA, MFOGSI, MIMS
	Former Director- Churamani Hospital, Hisar
	Title of the Talk: YOGA FOR INCREASING ENERGY LEVEL
	Yoga is simplifying your lifestyle. It includes exercising healthy choices consciously and sticking to them. The present deliberation is an attempt to give a holistic picture of what is yoga and what all habits are complimentary to attain total wellness. This presentation will be a bridge between ancient wisdom and present circumstantial necessity through which we all can walk towards a meaningful and joyful life.

All are welcome to attend the session