

## Programme Schedule

S. No.	Date	Time	Activity	Expert
1.	4 <sup>th</sup> May to 14 <sup>th</sup> May 2022	04:00 pm to 05:00 pm (Monday, Wednesday and Friday)	Yoga Camp on Shukshma Vyayam and Yoga for Office – Exercises for eyes, for back, for neck, for knees, cervical and dealing other problems due to sedentary lifestyle	Dr. Ajay Shastri PhD, DYED Yoga Kendra JNU
2.	4 <sup>th</sup> May to 14 <sup>th</sup> May 2022	05:00 pm to 06:00 pm (Tuesday and Thursday)	Yoga Camp for flexibility and weight loss – Rigorous Exercises and Asanas	Dr. Ajay Shastri PhD, DYED Yoga Kendra JNU
3.	17 <sup>th</sup> May to 26 <sup>th</sup> May, 2022	06:00 am to 07:30 am	Ten Days Yoga Camp for holistic health and well-being – Surya Namaskar, Training on Common Yoga Protocol	Shri Umesh Babu Yoga Kendra JNU
4.	23 <sup>rd</sup> May 2022	03:30 pm to 5:00 pm	Lecture for Yoga for Personal Health and Well-being	Shri Umesh Babu Yoga Kendra JNU
5.	27 <sup>th</sup> May 2022	03:30 pm to 5:00 pm	Lecture on Physical and Mental Health and Wellbeing with Yogic Culture	Prof. Taraknath Pramanik Professor, Physical Education and Yoga, IGIPSS University of Delhi
6.	1 <sup>st</sup> June, 2022	03:30 pm to 5:00 pm	Poetry Competition - Yog aur Swasthya (self-composed or by others)	In-House Activities
7.	6 <sup>th</sup> June, 2022	03:30 pm to 5:00 pm	Extempore / Essay writing / Debate competition on different areas related to Yog	In-House Activities
8.	13 <sup>th</sup> June, 2022	03:30 pm to 5:00 pm	Competition on Demonstration of Asanas and Surya Namaskar	In-House Activities – Jury external
9.	Continuous Activity of NIEPA	06:00 am to 07:00 am	Regular Pranayam Sessions	Dr. Kashyapi Awasthi
10.	23 <sup>rd</sup> May to 20 <sup>th</sup> June, 2022	04:30 pm to 05:00 pm	Refining Exercises – 3 SRB with light meditation	Dr. Kashyapi Awasthi

# International Yoga Day

21 June 2022



Yoga for Harmony & Peace



**National Institute of Educational Planning and Administration**

(Deemed to be University)

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