

International Day of Yoga at IIT Gandhinagar

21 June 2018

Schedule of the Program

Time	Activity	Venue
1015 hrs to 1020 hrs	Assembly & Welcome	Academic Block 1
1020 hrs to 1055 hrs	Demonstration and practice of Asanas and their specific benefits	Academic Block 1
1055 hrs to 1155 hrs	Presentation of Videos from Ministry of AYUSH, Government of India	Auditorium
1155 hrs to 1245 hrs	Yoga: Personal experiences and perspectives. Speakers : (a) Shri Hemant Shah, Yoga Instructor & Guest Speaker (b) Ms Mana Shah, Teaching Associate	Auditorium
1245 hrs	Working healthy lunch	Near 300 Auditorium