



गाँधी भवन  
GANDHI BHAWAN  
दिल्ली विश्वविद्यालय  
UNIVERSITY OF DELHI



GDBH/2018/upload

Date: 18.6.2018

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## INTERNATIONAL YOGA DAY PROGRAMME SCHEDULE

21 June 2018

- 8:00 a.m. : **Screening of Documentary**  
Common Yoga Protocol
- 8:30 a.m. : **Welcome Speech**  
Prof. Ramesh C. Bharadwaj, Director, Gandhi Bhawan
- 8:40 a.m. : **Inaugural Speech**  
Prof. Yogesh K. Tyagi, Hon'ble Vice Chancellor, D. U.
- 8:50 a.m. : **Keynote Address**  
Dr. Varun Veer, International Yoga Expert
- 9:00 a.m. : **Yoga for Blissful Relaxation**  
Shri Indra Narain Raman, Yoga Organizer, Gandhi Bhawan
- 9:40 a.m. : **Demonstration of Yogasanas**  
Students of Yoga & Meditation Training Programme,  
Gandhi Bhawan
- 10:00 a.m. : **Book Release**  
'Yogic Ahar-Vihar evam Chikitsa Paddhati'  
Author: Shri Indra Narain Raman
- 10:15 a.m. : **Distribution of Certificates** to the students of Yoga and  
Meditation Training Programme – Batch III, Gandhi Bhawan
- 10:30 a.m. : **Vote of thanks**  
Prof. Ramesh C. Bharadwaj, Director, Gandhi Bhawan
- 10:40 a.m. : **Yogic Aahar**

Sd/-  
Prof. Ramesh C. Bharadwaj  
Director (Hony.)