



**Program Schedule**  
On Occasion of  
**International Day of Yoga - 21st June 2021, IIT Bombay**



S.No	Program details	No. of sessions	Information	Date**	Time	Venue/Platform
1	Workshop-1(100 days to IDY)	1	Improve concentration with Yoga	13 <sup>th</sup> March	6:30 - 7:00 PM	Online
2	Workshop-2	3	Ashtanga yoga	23-25 <sup>th</sup> April	6:00 - 7:00 PM	Online
3	Scientific talk-1 (50 days to IDY)	1	----	3 <sup>rd</sup> May	6:00-7:00 PM	Online
4	Workshop-3	5	Hatha Yoga	8-12 <sup>th</sup> May	6:00-7:00 PM	Online
5	Yogathon (practice session)*	12	Preparation for 108 Surya Namaskar challenge	28 <sup>th</sup> May to 19 <sup>th</sup> June	7:00 - 8:15 PM	Online
6	2 min Yoga Challenge	3	Standing, sitting, on-spine	5-20 <sup>th</sup> June	--	Facebook/website
7	Online Quiz	7	Theme: IDY, Origin of yoga etc.	3 <sup>rd</sup> - 20 <sup>th</sup> June	--	Facebook/website
8	Common Yoga Protocol (Practice session)	4	---	16, 17, 18 19 <sup>th</sup> June	6:30 - 7:30 AM	Online
9	Best yoga pose competition	3	Balancing, stretching, Family/group	15 <sup>th</sup> -20 <sup>th</sup> June	--	Facebook/website
10	Slogan competition	1	Theme: Yoga@Home	19 <sup>th</sup> June	--	Facebook/website
11	Poster making competition	1	Theme: Yoga@Home	20 <sup>th</sup> June	--	Facebook/website
12	International Day of Yoga	1	"Common Yoga Protocol"	21 <sup>st</sup> June	7:00 - 8:00 AM	Online
	Yogathon	1	108 Surya Namaskar challenge		5:30- 7:00 PM	Online
13	Yogathon cool down session	1	---	22 <sup>nd</sup> June	7:00 - 8:00 PM	Online
14	Yogastha e-conference 2021	3	---	9-11 <sup>th</sup> July	----	Online

\*\* Tentative

\*All events are free of cost.

\*Registration is mandatory. Link: <http://iitbyogastha.in/idy2021/>

