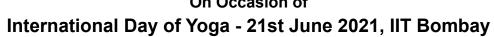


Program Schedule

On Occasion of





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 th March	6:30 - 7:00 PM	Online
2	Workshop-2	3	Ashtanga yoga	23-25 th April	6:00 - 7:00 PM	Online
3	Scientific talk-1 (50 days to IDY)	1		3 rd May	6:00-7:00 PM	Online
4	Workshop-3	5	Hatha Yoga	8-12 th May	6:00-7:00 PM	Online
5	Yogathon (practice session)*	12	Preparation for 108 Surya Namaskar challenge	28 th May to 19 th June	7:00 - 8:15 PM	Online
6	2 min Yoga Challenge	3	Standing, sitting, on-spine	5-20 th June		Facebook/website
7	Online Quiz	7	Theme: IDY, Origin of yoga etc.	3 rd - 20 th June	ŀ	Facebook/website
8	Common Yoga Protocol (Practice session)	4		16, 17, 18 19 th June	6:30 - 7:30 AM	Online
9	Best yoga pose competition	3	Balancing, stretching, Family/group	15 th -20 th June		Facebook/website
10	Slogan competition	1	Theme: Yoga@Home	19 th June		Facebook/website
11	Poster making competition	1	Theme: Yoga@Home	20 th June		Facebook/website
12	International Day of Yoga	1	"Common Yoga Protocol"	21 st June	7:00 - 8:00 AM	Online
12	Yogathon	1	108 Surya Namaskar challenge		5:30- 7:00 PM	Online
13	Yogathon cool down session	1		22 nd June	7:00 - 8:00 PM	Online
14	Yogastha e-conference 2021	3		9-11 th July		Online

^{**} Tentative

^{*}All events are free of cost.

^{*}Registration is mandatory. Link: http://iitbyogastha.in/idy2021/