

International Day of Yoga - 2023

SVNIRTAR celebrated International Day of Yoga - 2023 with all types of Divyangjan, Staffs & Students on the designated day 21.06.2023. Around 1000 people were participated early in the morning in the Institute open space. On this occasion Sri Surendra Pradhan, Lecturer, Indian Institute of Yogic Sciences and Research, Angul and Mrs. Nibedita Sahoo (Master in Yoga), Utkal University of Culture, Bhubaneswar discussed about benefits of Yoga and demonstrated various Yoga Asanas & Meditations.

Program Schedule / List of Activities:

- 07.00: Inauguration
- 07.05: Lamp lighting & Vandana
- 07.10: Address by dignitaries
- 07.30-08.30: Prayer, Discussion about benefits of yoga, meditation and practice of different Yoga asana
- 08.30- 09.00: Vote of Thanks & Refreshment

Prepared By: Mr. Vinay Kumar (DPT)