

Notice

The Department of Yoga, BBAU is celebrating International Day of Yoga-2022 from 21 may to 21st June 2022. All the faculty members, staff members and students of the BBAU are invited to participate in the programmes under mentioned.

S.No.	Name of Program	Date	Venue & Time
1.	One month Yoga workshop as per IDY protocol	21 st May, 2022 onwards	Auditorium Room No.04 6:00 AM to 7:00AM
2	Yoga for beginner	25 th May to 30 th May, 2022	Auditorium Room No.04 6:00 AM to 7:00AM
3.	Importance of the Yoga in Modern Life.	1 st June -2 nd June, 2022	Webinar 11:00 AM to 01:00 PM
4.	Surya Namaskar Yogathon-2022	3 rd June, 22 to 5 th June, 2022	Auditorium Room No.04 6:00 AM to 7:00AM
5	Yoga workshop for various diseases (Diabetes, weight loss, lungs, liver, kidney, blood pressure, hypertension, migraine)	6 th June 11 th June, 2022	Auditorium Room No.04 6:00 AM to 7:00AM
6	Quiz competition	13 th June, 2022	Auditorium Room No.04
7.	Yoga Demonstration Competition	15 th June, 2022	Auditorium Room No.04
8	Common yoga protocol (International Day of Yoga)	16-21 st June, 2022	Auditorium Room No.04 6:00 AM to 7:00AM
9.	IDY-2022 Mass Celebration	21 st June, 2022	SES Ground 6:00 AM to 7:00AM



Coordinator
Department of Yoga



Head
Department of Yoga

20/05/2022

f/c website