

INTERDISCIPLINARY CENTRE FOR SWAMI VIVEKANANDA STUDIES



Invites you on the occasion of

FIFTH INTERNATIONAL YOGA DAY

On

21st June, 2019

Venue: Ground Floor, Guru Tegh Bahadur Bhawan

Programme

Time: 9.00 a.m. to 10.00 a.m

**AYUSH Yoga Protocol by yoga experts and
Heartfulness Meditation Technique by
Heartfulness Institute**



RSVP: Prof. Nandita Singh, Coordinator, ICSVS , 09815913327; Prof. O.P. Katare, UIPS, 8054240830