



**Weekend Yoga Appreciation Programme (January-June, 2023)**

**“Yoga for Holistic Wellness”**

**Free LEC-DEM Sessions For Faculty, Research Scholars, Students and Alumni of P.U.**

**(Appreciation Programme for 100 Hours)**

**Days: January 22, 28-29, 2023**

**February- 4, 11-12, 19, 25-26, 2023**

**March-4-5, 11-12, 18-19, 25-26, 2023**

**April- 1-2, 8-9, 15-16, 23, 29-30, 2023**

**May- 6-7, 13-14, 20-21, 27-28, 2023**

**June- 3-4, 10-11, 2023**

**Place: Interdisciplinary Centre for Swami Vivekananda Studies,**

**Guru Tegh Bahadur Bhawan, Second Floor**

**Panjab University, Sector 14, Chandigarh**

Sr.	Time	Programme
1.	7:30 to 8:45 a.m.	Practical Session on Yoga Yoga Exercises/Postures, Pranayamas
	8:45 to 9:00 a.m.	Tea - Break
2.	9:00 to 10:00 a.m.	Principles of Holistic Wellness Through Karmayoga, Gyanyoga & Bhakti Yoga.
3.	10:00 to 11:00 a.m.	Vedantic View of Personality & Meditation

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