

DEPARTMENT OF PHYSICAL EDUCATION AND NATIONAL SERVICE SCHEME

Cordially invite you to participate in the



INTERNATIONAL YOGA DAY

On Thursday 21st June, 2018
at Yendurance Zone, from 3 to 4pm
Yenepoya (Deemed to be University) Campus

Dr. M Vijayakumar

Hon'ble Vice Chancellor
Yenepoya (Deemed to be University), Mangaluru
will Inaugurate and Preside over the function

Guest of honour

Dr. Krishna Sharma

Chairman, Department of Human Consciousness and Yogic Sciences
Mangalore University, Mangaluru

Mr. Kushalappa Gowda N

M.Sc (Yogic science), MSW, MPhil
will Demonstrate Yoga and Pranayama

'INTERNATIONAL YOGA DAY'

On Thursday 21st June 2018 at 3pm to 4pm at Yendurance Zone

Guidelines for participants (Students and Staffs)

1. All are requested to Assemble in the Yendurance Zone on 21st June 2018 by 2.30pm
2. Floor of the Yendurance Zone will be covered with the red carpet. Participants may bring their own Yoga Mat for the practice
3. All are requested to maintain silence and discipline in the hall during the program.
4. 11 simple asanas and pranayamas will be demonstrated by expert Mr.Kushalappa Gowda N and the same will be practiced by all the participants
5. The Faculty, Supporting staffs and students are encouraged to take part in this event and make this program successful.
6. Transportation will be arranged from Academic Block to Yendurance Zone at 2.15pm

Any enquiry please contact:

Shilpashree

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