



University of Lucknow

Faculty of Yoga and Alternative Medicine

Organised

7th International Day of Yoga Celebration
(From 1st June to 21 June 2021)



Highlights

1. Live Common Yoga Protocol
2. Webinars
3. Yoga Competitions
4. Health and Immunity
5. Workshops

Prof. Naveen Khare
Professor Incharge

Dr. S.K. Mishra
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Coordinator
9415774470

तन मन को भाया योग-दुनिया भर में छाया योग

UNIVERSITY OF LUCKNOW

FACULTY OF YOGA AND ALTERNATIVE MEDICINE

Organised 7th International Day Of Yoga Celebration

(1st June -21st June 2021)

Program Details

SR. NO.	DATE	TIME	PROGRAMMES
1	01/06/21	07 AM – 08 AM	Practice of Common Yoga Protocol.
2	02/0621	07 AM – 08 AM	Practice of Common Yoga Protocol .
3	03/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
		01 PM – 03 PM	Webinar-Yoga and Holistic Health.
4	04/06/21	07 AM -08 AM	Practice of Common Yoga Protocol
5	05/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
		01 PM -03 PM	Workshop- Benefits of Asanas and Pranayam.
6	06/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
7	07/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
		01 PM – 03 PM	Special Lecture- Allopathy Covid Protocol.
8	08/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
9	09/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
		01 PM – 03PM	Webinar – Immunity with Yoga.
10	10/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
11	11/06/21	07 AM -08 AM	Practice of common yoga protocol.
		01 PM – 03 PM	Webinar- Yoga and Mental Health.
12	12/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
13	13/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
		01 PM – 03 PM	Workshop- Yogic Lifestyle.
14	14/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
15	15/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.

		01 PM – 03 PM	Webinar- Importance of Yoga in our Day to Day Life.
16	16/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
17	17/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
		01 PM – 03 PM	Special lecture- Ayurvedic Protocol for Covid Management.
18	18/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
19	19/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
		01 PM- 03 PM	Webinar-Yogic Management Of the Disorders of Circulatory System.
20	20/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
		01 PM – 03 PM	Workshop- Development of Personality through Yoga.
21	21/06/21	07 AM -08 AM	Practice of Common Yoga Protocol.
		01 PM – 03 PM	Webinar- Recent trends in Yoga for a Healthy, Happy and Enriched Living.

Dr.Amarjeet Yadav

(Co-Ordinator)

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