



NIPER SAS Nagar



Yoga for Harmony & Peace



YEARS OF
CELEBRATING
THE MAHATMA

8th INTERNATIONAL DAY OF YOGA CELEBRATION

June 21, 2022

NIPER SAS Nagar is celebrating 8th INTERNATIONAL DAY OF YOGA.

On this occasion following events are organized:

i) A Yoga Camp by the yoga experts from the Dhyan Foundation

Venue: Lawn of NIPER Convention Centre

Time: 6:00 - 7:00 am

ii) A Health Talk by Prof. Om Prakash Katare, Punjab University


Title: योग: करमशु कोशलम् (EXCELLENCE IN ACTION)

Venue: Main Hall of NIPER Convention Centre

Time: 3:00 - 4:00 pm

All NIPER staff (with their families) and student are requested to actively participate in the yoga camp and attend yoga talk.

Note: Kindly bring your yoga mat/bed-sheet to perform comfortable yoga session.


Chairman

(Yoga Day Celebration Committee -2022)