

International Day of Yoga 2021

Countdown to IDY 2021 90 Days Celebrations

| S. No. | Event Details | 90 Days IDY |
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| 1 | <ul style="list-style-type: none"> ● Guest Arrival and welcome ● Lighting of Lamp ● Speech of Chief Guest | 23 rd March 2021 Tuesday |
| 2 | Description of any one Asana and followed by Practice of Yoga Day protocol <ul style="list-style-type: none"> ● Meditation Session will be organized BY EXPERTS ● Talk on Yoga and mental health - One time | 24 th March 2021 to 12 th May 2021 |
| 3. | Description of any one Pranayama and followed Practice of Yoga Day protocol <ul style="list-style-type: none"> ● Online Workshop on “Role of Yoga in Educational Institution” ● Talk on Office Yoga (sitting on Chair and mobilizing your body with an effective way of yoga.)- One time | 13 th May 2021 to 22 rd may 2021 |
| 4. | Description of any one Bandha and followed by Practice of Yoga Day protocol <ul style="list-style-type: none"> ● Talk on Bandha | 23 rd may 2021 to 27 th may 2021 |
| 5. | Description of any one Mudra and followed by Practice of Yoga protocol <ul style="list-style-type: none"> ● Webinar on Effect of Mudra in Daily Lifestyle - One time | 28 th may 2021 to 1 st June 2021 |
| 6 | Demonstration and Cultural Asana Practices followed by Practice of Yoga protocol <ul style="list-style-type: none"> ● Special Yoga Session for Schools | 2 nd june 2021 to 11 th june 2021 |
| 7 | Final Rehearsal practices and demonstration for Yoga Day Celebration | 12 th june 2021 to 20 th june 2021 |
| 8. | <ul style="list-style-type: none"> ● Arrival of Chief Guest ● Welcome Speech ● Guest Speech ● Video Activity ● Yoga Day Celebration ● Closing Ceremony ● Refreshment for Practitioner and Guests | 21 st june 2021 |