

### 3 Days Yoga Workshop

Date: **18<sup>th</sup> June to 20<sup>th</sup> June 2017**

Time: **4:30 to 5:30pm**

Venue: At ICFAI University campus Laboratory **Room no.402**

Equipment's: **Yoga mat/Bed sheet (personal)**

#### **18<sup>th</sup> June**

- One Rhythmic Yoga Demonstration **by** Mr. Shambhu Chakraborty
- A short Speech on Yoga **by** Dr.Ashim Bose (Principal of B.P.Ed.IUT)
- Yoga Practice session conducted **by** Prof.Ranjana Sinha (HOD of Dept. of Yogic Science) with the support of all faculties of Yogic Science & PGDY Students.

#### **19<sup>th</sup> June**

- 1 hour Yoga Practice session conducted by the same

#### **20<sup>th</sup> June**

- 1 hour Yoga Practice session conducted by the same