



Central University of Rajasthan

NH-8, Bandar Sindri, Dist. Ajmer, Kishangarh, Rajasthan 305817

Department of Yoga

in Collaboration with

Kendriya Vidyalaya, CURAJ

Cordially invites you to

Celebration of 4th International Day of Yoga (21st June 2018)

Venue: University Auditorium, Central University of Rajasthan

Programme Schedule

Session I

S. No.	Time	Activity
1	07:30 – 8:30	Common Yoga Protocol Practice
2	08:30 – 9:00	Biscuits & Milk
4	09:15 – 10:45	Video display – History of Yoga (Documentary)

Session II

S. No.	Time	Activity
1	11:00 – 11:45 (Three parallel Session)	I) Essay Writing Competition (Title- Yoga and Health) II) Speech Competition (Title-Need of Yoga in Daily Life) III) Asana Demonstration Competition.
2	11:45 – 12:00	Participation Certificate Distribution

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