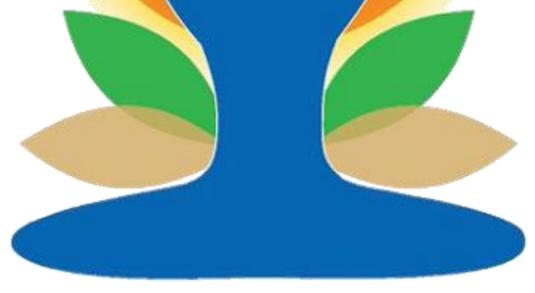
## S.V.NATIONAL INSTITUTE OF TECHNOLOGY, SURAT-7. PHYSICAL EDUCATION SECTION

## ACTION PLAN FOR INTERNATIONAL YOGA WEEK ON 17-21 JUNE 2019.

EVENT VENUE: LAWN OF ADMINISTRATIVE BUILDING, SVNIT, SURAT

		ational Day or
		21 June L
DATE		ACTIVITIES
17 June 2019	:	History, Introduction, Yoga Aasan, Pranayam
18 June 2019		Concept of Power Yoga Aasana, Yoga Aasana, Pranayam And Meditation
18 June 2019	•	Introduction of Kriya, Yoga Aasana, Pranayam, Meditation
20 June 2019	100	Introduction of Chakara And Ayurveda, Yoga, Aasana, Pranayama, Meditation



## Yoga for Harmony & Peace