

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



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	:	Introduction of Chakara And Ayurveda , Yoga, Aasana, Pranayama, Meditation

Yoga for Harmony & Peace