



College of Physiotherapy Dayananda Sagar University

Schedule for the

International Day of Yoga, Monday the 21st June 2021

"Yoga at home and Yoga with family"

11.00 am	Commencement by MC	Dr. Arushi Student of Final year MPT College of Physiotherapy, Dayananda Sagar University
11.05 -11.10	Welcome address and introduction of Guests	Dr. Anil T John Professor and Principal, College of Physiotherapy, Dayananda Sagar University
11.10-11.30	Keynote address	Padmashree Dr. B N Gangadhar , Professor of Psychiatry and former Director, NIMHANS
11.30-11.40	Practice/ Demonstration <i>Asana</i>	Led by Dr. Srihari Sharma Assistant Professor, College of Physiotherapy, Dayananda Sagar University Demo by Ms. Nazeem Student of 4th BPT College of Physiotherapy, Dayananda Sagar University
11.40-12.00 noon	Presidential address	Dr. Pushpa Sarkar , Professor and Dean, School of Allied Health Sciences, Dayananda Sagar University
12.00 noon-12.10	Practice/ Demonstration <i>Pranayama & Relaxation</i>	Led by Dr. Srihari Sharma Demo by Ms. Nazeem
12.10 Pm	Vote of thanks	Dr. Vinod Kumar Assistant Professor, College of Physiotherapy, Dayananda Sagar University
