Celebration
of

INTERNATIONAL DAY OF YOGA

by

INDIAN COUNCIL OF MEDICAL RESEARCH – Bengaluru
(ROHC(S) – NIOH, NCDIR, FU-NIMR, FU-NIV)

on

Sunday, 21st June 2015

Chief Guest

Dr. Omprakash, MD, DABM (USA)
St.Martha's Hospital, Bengaluru &
SAC Member, ROHC(S)-NIOH

Technical Support

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed University, Bengaluru

Venue

ICMR - Nirmal Bhavan Complex, Poojanahalli Road
Kannamangala Post, Devanahalli Taluk
Bengaluru - 562 110.

Time : 10.00 AM – 01.00 PM

PROGRAMME

INAUGURATION : 10-00 a.m. to 10:30 a.m.

LECTURE ON YOGA FOR WORKPLACE WELLNESS
Dr. Raghavendra Bhat, S-VYASA : 10-30 to 11-15 a.m.

TEA BREAK : 11-15 a.m. to 11-45 a.m.

YOGA PRACTICE SESSION : 11-45 a.m. to 12:45 p.m.

INTERACTION / Q & A : 12-45 p.m. to 1-00 p.m.

LUNCH : 1-00 PM

About The Workshop

The workshop on 'yoga for workplace wellnesses is organized by ICMR Institutes at Bengaluru on the occasion of International Day of Yoga celebration.

Objectives of the Workshop

- To create awareness about yoga among staff of ICMR units, Bengaluru & public.
- To introduce simple yoga techniques which they can go home and practice
- To understand the role of yoga in workplace wellness

About S - Vyasa Yoga University

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) Bengaluru, is a Deemed University, under Section 3 of the UGC Act 1956.Yoga Education, Yoga Therapy and Yoga Research these are the three main activities of the institute. It is located near Jigani, South Bangalore. Tel: 080-2661 2669 | E-mail: info@svyasa.edu.in | Web: www.svyasa.edu.in

All are invited