



Patanjali Yog Peeth (UK) Trust

Charity Registration Numbers: England & Wales - 1115370, Scotland - SC041991

INTERNATIONAL DAY OF YOGA – 21ST JUNE 2020

Virtual Yoga for Mind and Body

Join us live on faceBook : Patanjali Yog Peeth Trust- uk

Time	Session	Conducted By	Location
09:00 – 09:10	Havan	Mr Hemang Butt	Leicester
09:12 – 09:18	Prarthna	Mrs Rekha Pande	Nottingham
09:20 – 09:30	IYD Message	Mr Hitesh Rajpal – Consul General	Consulate General of India, Edinburgh, Scotland
09:35 – 10:10	Asanas, Surya Namaskar	Mrs Jyoti Joshi	London
		Councillor Charan Sekhon	Bedford
		Laxmi & Madhurika Trivedi	London
		Mr Rampal Sharma	Germany
10:15 – 10:45	Yoga and Lymphatic system	Mr Sarwan Poddar	Glasgow
10:50 – 11:05	Ayurveda as 21 st century Healthcare System	PP Acharya Balkrishna ji	Trustee Haridwar
11:10 – 12:10	Yoga Session to boost your Immune system & Mental Health	HH Swami Ramdev ji	Trustee Haridwar
12:15 – 12:25	Benefits of Yoga - Testimonial	Councillor Charan Sekhon	National coordinator for Youth - Bedford
12:30 - 13:00	Yoga for Children	Umika Sohal & Pridhi Pande	Nottingham
13:00 – 13:10	Yoga for Children in school	Umika Sohal & Pridhi Pande	Nottingham

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Time	Session	Conducted By	Location
13:15 – 13:35	Integration of Yoga into Western Medicine	Dr Rajiv Gupta	Wakefield
13:40 – 14:00	Using yoga & Meditation to fight corona: A scientific approach	Dr Rajinder Pal Singh	Manchester
14:05 – 14:20	Tour of Little Cumbrae “The Peace Island”	Mr Sarwan Poddar	Glasgow
14:25 – 14:40	The psychological benefit of Yoga	Dr Bandana Upadhya Datta	Northampton
14:45 – 15:00	Secret of Happiness	Dr Ashok Rawal	Birmingham
15:05 – 15:20	Surya Namaskar	Mr Vikas Srivastava	Reading
15:25 – 15:40	Chair Yoga	Mr Prabhu Shah	London
15:45 - 16:15	Chakra – unlock your inner energy by practice of Yoga	Mrs Mamta Kanabar	Glasgow
16:30 - 17:00	Meditation	Dr Bal Mukund Bhalla	Wellingborough
17:05 - 17.20	Laughter yoga	Dr Sudarsan Kapoor	Illford
17:25 - 17.40	Devotional Songs	Mrs Rekha Pande	Nottingham

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