



# INTERNATIONAL DAY OF YOGA - 2023

## INVITATION

Dear Sir/ Madam

The Office of the Director, PSNS and the Department of Yogic Art & Science, Visva-Bharati request the pleasure of your participation in the International Yoga Day Celebration at Natya Ghar on the occasion of the "9<sup>th</sup> International Day of Yoga" on 21<sup>st</sup> June, 2023 at 6.30 A.M to 8.30 A.M.

Date :- 19.06.2023  
Place :- Santiniketan

  
( Prof. Amit Hazra )  
Director (Officiating)  
Physical Education  
Sports, National Service & Students'  
Welfare

# **INTERNATIONAL DAY OF YOGA (IDY) - 2023**

## **Programme Schedule**

- ❖ **Vedic Hymns – 6.45 A.M.**
- ❖ **Traditional Varana – 6.50 A.M.**
- ❖ **Welcome address by Director, PSNS – 06.55 A.M.**
- ❖ **Speech by Honorable Upacharya – 07.00 A.M.**
- ❖ **Common Yoga Protocol Demonstration – 07.10 A.M.**
- ❖ **National Anthem – 08.05 A.M.**