



**VISVA-BHARATI**



**ONLINE SCIENTIFIC TALK ON  
YOGIC PRACTICES FOR OLDER ADULTS**



**THEIR PSYCHO-PHYSIOLOGICAL BENEFITS**

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**ACTIVITIES LEADING TO  
INTERNATIONAL DAY OF YOGA, 2022**

**MAY 19th, 2022 06:00pm - 07:00pm**

**Registration link** <https://forms.gle/M1VPmf4bEUHNaw2v7>

**Meeting link** <https://zoom.us/j/95617566358?pwd=K0R2NExnd2FwMjlHV1RaSTVNY1NZUT09>

