

VISVA-BHARATI



WORKSHOP ON
MEDITATION FOR BEGINNERS
FOR THE STUDENTS OF
VISVA-BHARATI



ACTIVITIES LEADING TO
INTERNATIONAL YOGA DAY, 2022

VENUE - VINAYA BHAVANA AAM BAGAN

APRIL 28th & 29th , 2022

6:00 AM - 7:00 AM

LINK FOR REGISTRATION

<https://forms.gle/gDMFEMxtdUsMoCYd6>

SCHEDULE DAY 1

VISVA-BHARATI



SCHEDULE DAY 2



**WORKSHOP ON
MEDITATION FOR
BEGINNERS
FOR THE STUDENTS OF
VISVA-BHARATI**

VENUE

**VINAYA BHAVANA
AAM BAGAN**

**6:00 AM - 7:00 AM
APRIL 28 & 29, 2022**

1. Vedic Mantra Chanting
by- Teachers of DYAS
 2. Inauguration
 3. Guided "Panchakosha
Meditation". by-
Ms. Parichiti Saha
1. Vedic Mantra Chanting
by- Teachers of DYAS
 2. Guided "Meditation
on Prana". by-
Dr. Amaravathi Eraballi
 3. Closing Ceremony

