



Action Plan for International Yoga Day Celebration



On 21st June 2019

Central University of Rajasthan
(NH8, Bandarsindri, Kishangarh, Ajmer-305817, Rajasthan)

Venue: University Auditorium (Central University of Rajasthan)

Time: 7.00 AM-9.00AM

Participants: Students, teaching and non-teaching staffs

Programme Schedule: Common Yoga Practice*

Sl.No	Time	Duration	Details	Yoga Experts
1	7.00 AM-7.03 AM	3 Mins	Prayer	Dr. Chobe Shivaji/ Mr. Mehboob Hussain
2	7.03 AM-7.35 AM	32 Mins	Surya Namaskar	Dr. Chobe Shivaji/ Mr. Mehboob Hussain
3	7.35 AM-7.40 AM	5 Mins	Kapaalabhatti	Dr. Chobe Shivaji/ Mr. Mehboob Hussain
4	7.40 AM-7.55 AM	15 Mins	Pranayama	Dr. Chobe Shivaji/ Mr. Mehboob Hussain
5	7.55 AM-8.00 AM	5 Mins	Dharana/Dhyana	Dr. Chobe Shivaji/ Mr. Mehboob Hussain
6	8.00 AM-8.07 AM	7 Mins	Samadhi	Mr. Mehboob Hussain
7	8.07 AM-8.10 AM	3 Mins	Prayer	Mr. Mehboob Hussain

Demonstration of Asanas by students: 8.10 AM-8.20 AM

Aerobic dance by students: 8.20 AM-8.30 AM

Breakfast: 8.30 AM-9.00 AM

All are cordially invited to participate in the “Common Yoga Practice” on 21st June at 7.00 AM at the University Auditorium.