



Patanjali Yog Peeth (UK) Trust

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



Ayurveda Care
"Care Rooted In Nature"

INTERNATIONAL DAY OF YOGA – 20th JUNE 2021

Sponsored by Ayurveda Care Ltd

Participation Number	Programme Start time	Session	Conducted By	Location
A1	9:20 – 9:30	Prarthna	Shree Hemang Bhutt	Leicester
A2	9:30 – 9:33	IYD Message	Dr Bijay Selvaraj Consul General	Consulate General of India, Edinburgh
A3	09:34 – 09:35	IYD Message	Dr Shashak Vikram Consul General	Consulate General of India, Birmingham
A4	09:35 – 10:05	Yoga Protocol	Laxmi & Madhurika Trivedi	London
A5	10:05 – 10:15	Message from Trustee - PYPT	Mrs Sunita Poddar	Trustee, Glasgow
A6	10:15 – 10:45	Ayurveda and immune System	PP Acharya Balkrishna ji	Trustee, Haridwar
A7	10:45 – 11:45	Yoga to boost your Immune system & Mental Health	HH Swami Ramdev ji	Trustee, Haridwar
A8	11:45 – 12:10	Yoga and Flexibility	Mamta Kanabar	Glasgow
A9	12:10 – 12:20	Meditation	Kabir Kanabar	Glasgow
A10	12:20 – 12:35	Yoga in USA	Shekhar Agrawal	Houston, USA
A11	12:35 – 12:50	Yoga in Canada	Vedic Spiritual Heritage Foundation, Canada	Toronto, Canada

- 40 Lambhill Street, Kinning Park, Glasgow, G41 1AU, Scotland, U.K. •
- Tel: +44 141 4277510 • Fax: +44 141 419 0348 •
- Email: info@pypt.org • Web: <http://www.pypt.org> •



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A12	12:50 – 13:00	Nitric Oxide – Promote Health	Mr Sarwan Poddar	Glasgow
A13	13:00 – 13:10	Immune System	Dr Rajeev Gupta	England
A14	13:10 – 13:16	Children Yoga	Mr Ram Pal	Stuttgart, Germany
A15	13:16 – 13:20	Yoga in Japan	Mr Asutosh Singh	Tokyo, Japan
A16	13:20 – 13:27	Yoga in Africa	Swati Shah	Ndola, Africa
A17	13:27 – 13:30	Yoga in Spain	Elena Saura	Barcelona, Spain
A18	13:30 – 13:38	Yoga in Nepal	Patanjali Yogpeeth, Nepal	Nepal
A19	13:38 – 13:42	Yoga in Holland	Jasvinder Kaur	Holland
A20	13:42 – 13:45	Yoga in Norway	Mr Din Dayal Sharma	Sande fjord, Norway
A21	13:45 – 13: 47	Sun Salutation	Umika Sohal	England, UK
A22	13:47-14:15	Meditation	Dr Balmukund	England, UK
A23	14:15 – 14:30	Vote of Thanks	Mr Darsan Lal Sohal	Nottingham

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