

## AZADI KA AMRIT MAHOTSAV

### *\*Lecture 2: Yoga for Healthy Society*

- A. *Motivational talk on 'Yoga for wellness, peace and harmony' by Swami Atmapriyananda, Pro-Chancellor, Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI), Deemed to be University, Belur Math, West Bengal*
- B. *Yoga Asana and Surya Namaskara demonstration by the students of M.A. and Postgraduate Diploma, RKMVERI*



Date: 5<sup>th</sup> February, 2022 (Saturday)

Time: 5.00-6.00 PM