



Yogotsav

International Day of Yoga-2025



Yoga for One Earth, One Health

One Day International Seminar
18th June 2025

Time : 07:00 AM to 05:00PM

Venue : 5th Floor, Seminar Hall, Bharat Adhyayan Kendra, BHU.

Schedule

- ☞ 07:00 – 09:00am : Common Yoga Protocol
- ☞ 09:00 – 10:00am : Breakfast
- ☞ 10:00 – 11:30am : Yoga Cultural Programme
- ☞ 11:30 – 12:00pm : Meditation Session
- ☞ 12:00 – 01:00pm : Lunch
- ☞ 01:00 – 02:00pm : Lecture-I
- ☞ 02:00 – 03:00pm : Lecture-II
- ☞ 03:30 – 04:30pm : Common Yoga Protocol for
Foreigner/NRI including Indian Public
- ☞ 04:30 – 05:00pm : Valedictory Session

Geeta Bhatt
25/5/2025

(Dr. Geeta Yogesh Bhatt)
Convener
Centenary Visiting Fellow
Bharat Adhyayan Kendra

Sadashiv Kr. Dwivedi
25/5/2025

(Prof. Sadashiv Kr. Dwivedi)
Coordinator
Bharat Adhyayan Kendra
Varanasi