

**GUJARAT RESEARCH SOCIETY'S**  
**HANSRAJ JIVANDAS COLLEGE OF EDUCATION**

Autonomous, Re-Accredited by NAAC with 'A+'  
Dr. Madhuri Shah Campus, R.K. Mission Marg  
Khar (West), Mumbai, Maharashtra

**SCHEDULE FOR**  
**INTERNATIONAL DAY OF YOGA (IDY)**  
**21 June 2022, Tuesday** **THEME: 'YOGA FOR HUMANITY'**

<b>Venue: HJCE Lecture Hall</b>
<b>ACTIVITIES</b>
<ul style="list-style-type: none"><li>• Assembling of students and getting ready for the celebrations</li></ul>
<ul style="list-style-type: none"><li>• Yoga to Rejuvenate: Training Session with students participating under trained guidance</li></ul>
<ul style="list-style-type: none"><li>• Principal Dr. Anita Swami's Address on occasion of IDY 2022</li><li>• Release of News Bulletin- 'Yoga Sattva' by Principal Mam</li><li>• Glimpses of Gallery Walk 'Yoga for Life: An Integral Approach' &amp; Yoga at Home with Family</li><li>• Glimpses of Celebrations on account of IDY 2022- April &amp; May</li><li>• Vote of Thanks and Formal closing of IDY 2022 celebrations</li><li>• Announcements regarding Visit to APY stalls &amp; Exhibition on Yoga related Literature (Library)</li><li>• Visit to Library, Gallery Walk &amp; APY stalls</li></ul>