



## ASHWINI AYURVEDIC MEDICAL COLLEGE AND RESEARCH CENTRE, TUMKUR

Organized by  
Department of Swasthavritta and Yoga

# 12<sup>th</sup> INTERNATIONAL DAY OF YOGA CELEBRATION

## "YOGA FOR HEALTHY AGING"



Date: 21<sup>st</sup> June 2026 (Sunday)

Time: 5:30 A.M.

Venue: Prajna Auditorium, AAMC Campus, Tumkur

### CHIEF PATRONS

**Dr. K.G. Raghavendra**  
Director, Aruna Educational Trust

**Dr. Sujatha Raghavendra**  
Secretary, Aruna Educational Trust

**Dr. Radhesh K.R.**  
Joint Director, Aruna Educational Trust

**Dr. Swathi Rao**  
Board Member,  
Aruna Educational Trust

**CONVENOR**  
**Dr. Nagaraja J.M.**

"Let us come together to celebrate the transformative power of Yoga and embrace a healthier future through mindful living."

## PROGRAMME SCHEDULE



**05:00 – 06:00 a.m.**  
Arrival of participants and dignitaries



**06:00 – 06:15 a.m.**  
Brief introduction and announcements



**06:15 – 06:30 a.m.**  
Screening / Telecast of previous International Day of Yoga speeches of Hon'ble Prime Minister



**06:30 – 06:45 a.m.**  
Live Speech of Hon'ble Minister of State (Ayush) and other dignitaries



**06:45 – 07:00 a.m.**  
Live Address by Hon'ble Prime Minister



**07:00 – 07:45 a.m.**  
Practice of Common Yoga Protocol (CYP)



**07:45 a.m. onwards**  
Vande Yog – Singing of National Song (Vande Mataram)

### ORGANIZING COMMITTEE

Department of Swasthavritta and Yoga

**Dr. Nagendra Kumar B.C.**  
Professor & HOD

**Dr. Swathi M. Somayaji**  
Associate Professor

**Dr. Vaishnavi Mutalikdesai**  
Assistant Professor

**Dr. Raksha**  
Yoga Instructor

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