

"YOGA FOR HEALTHY AGEING"

We are delighted to invite you to celebrate

INTERNATIONAL YOGA DAY



21 JUNE 2026



Student Activity Centre, NIT
HAMIRPUR (6:10 am)



Schedule overleaf

Team Yoga club
NIT HAMIRPUR

Schedule (21-06-2026)

International Day of Yoga 2026

1.	Welcome of Chief Guest and Inauguration (Lamp Lighting)	06:15 AM
2.	Introduction of Yoga Instructor and Facilitation	06:20 AM
3.	Address by Chief Guest Hon'ble Director	6:24 AM
4.	Live streaming of Honourable Prime Minister's address	06:30 AM
5.	PRAYER and Yogaasana (Yoga Postures)	07:00 AM
6.	Sankalpa I commit myself to always be in a balanced state of mind. It is in this state that my self-development reaches its greatest possibility. I commit to do my duty to self, family, at work, to society and to the world, for the promotion of peace, health and harmony. Shanti Path OM Sarve Bhavantu Sukhinah; Sarve Santu Niramayah; Sarve Bhadrani Pashyantu Maa Kaschit Dukha Bhagbhavet; OM Shantih Shantih Shantih	07:45 AM
7.	National Anthem	07:46 AM
8.	Vote of Thanks and Refreshment	07:48 AM

