



MINISTRY OF
AYUSH

सत्यमेव जयते

Celebration of...

“INTERNATIONAL YOGA DAY”

under the aegis of.....

MINISTRY OF AYUSH

(June 13th to 15th & 21st, 2024)

Theme 2024: “Yoga for Women Empowerment”

Highlights are:

@ Yoga Camp (June 13th- 14th, 2024) and,

@ National Webinar: Yoga for Women Empowerment (June 21, 2024)

Org. by:

*Department of Physical Education & Health Club,
St. Bede's College, Shimla, (H.P), India*

Yoga Camp (June 13th-14th, 2024)



Yoga Expert
Dr. Rinku Kumar
Hamirpur, (H.P), India

National Webinar: Yoga for Women Empowerment (June 21st, 2024)



Resource Person
Dr. K. Jothi Dayanandan
Associate Professor, YMCA Chennai, (T.N), India



Moderator
Dr. Chander Shekhar
Astt. Prof. SPN, Mukerian, (P.B), India

Organiser's



Patron
Prof. (Sr.) Molly Abraham
Principal,
St. Bede's College, Shimla, (H.P), India



Convener: Health Club
Dr. Ashwani Kumar
Department of Physical Education,
St. Bede's College, Shimla, (H.P), India