



**YENEPPOYA**

School of Allied  
Health Sciences

3 GOOD HEALTH  
AND WELL-BEING



# UNIT OF RESPIRATORY THERAPY YSAHS

Presents



# INTERNATIONAL YOGA DAY

21 JUNE

YOGA FOR ONE EARTH,  
ONE HEALTH

21<sup>ST</sup>  
JUNE  
2025



2:00 PM  
ONWARDS

VENUE: MUDIPU CAMPUS



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# INTERNATIONAL YOGA DAY

21 JUNE

YOGA FOR ONE EARTH,  
ONE HEALTH

## EVENT HIGHLIGHTS



**THEMATIC YOGA SESSION FOR  
WORKING PROFESSIONALS:**

**DR. ARPITH KUMAR L M**

Lecturer cum  
Residential medical officer  
Yenepoya Naturopathy and Yogic  
Science College and Hospital,  
Naringana

30 MINUTES OF  
POWER-PACKED  
LECTURE

1 HR OF LIVE YOGA  
PRACTICAL SESSION

E-CERTIFICATE WILL  
BE PROVIDED FOR  
PARTICIPANTS

21<sup>ST</sup>  
JUNE  
2025



2:00 PM  
ONWARDS

VENUE: MUDIPU CAMPUS

OPEN FOR  
TEACHING & NON-TEACHING FACULTIES

