



**International Day of Yoga**

**Spectacular Cultural Program**



## BUDAPEST

### Program

**International Day Of Yoga - 22 June 2019**

### Cultural Program - 22 June 2019

- 10:00 hrs: Inauguration of the Event
- 10:05 hrs: Speech by Chief Guest
- 10:10 hrs: Speech by Ambassador Of India
- 10:15 hrs: Common Yoga Protocol by Ankita Sood
- 11:00 hrs: Advance Yoga Performance
- 11:07 hrs: Meditation & Pranayama
- 11:15 hrs: Chief Guest & Ambassador to light the ceremonial lamp & commence the cultural program
- 11:20 hrs: Cultural Programs (Indian dance Troupes)
- 12:30 hrs: End Of Program

- Kathak Dance Drama performed by Sonali Roy and tabla by Chirayu Bhole (Kathak derived from sanskrit 'Katha' meaning storytelling)
- Kuchipudi performance by the renowned Dr. Alekhya Punjala and mridanga by Vinod R Kumar. (Kuchipudi is a dance-drama performance, with its roots in the very ancient Hindu Sanskrit text of performing arts)

*Yoga is a physical, mental and spiritual practice originated in India. International Day of Yoga (IDY), is celebrated annually on 21 June since its inception in 2015*

*IDY is organized by ICCR with The Ministry of AYUSH. AYUSH was formed to ensure the optimal development and propagation of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy) systems of health care.*

**Event Venue:** Budapest, Fovám tér 11-12, 1093 Bálna Budapest

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