

Jai Sri Gurudev
Sri Adichunchanagiri Shikshana Trust



BGS & SJB Group of Institutions

Presents

INTERNATIONAL YOGA DAY

21st June 2024

In the Divine Presence of
His Holiness Jagadguru Sri Sri Sri Dr. Nirmalanandanatha MahaSwamiji
President, Adichunchanagiri Shikshana Trust

&

Revered Sri Sri Dr. Prakashnath Swamiji
Managing Director, BGS & SJB Group of Institutions, Bangalore

A Hearty Welcome to One & All

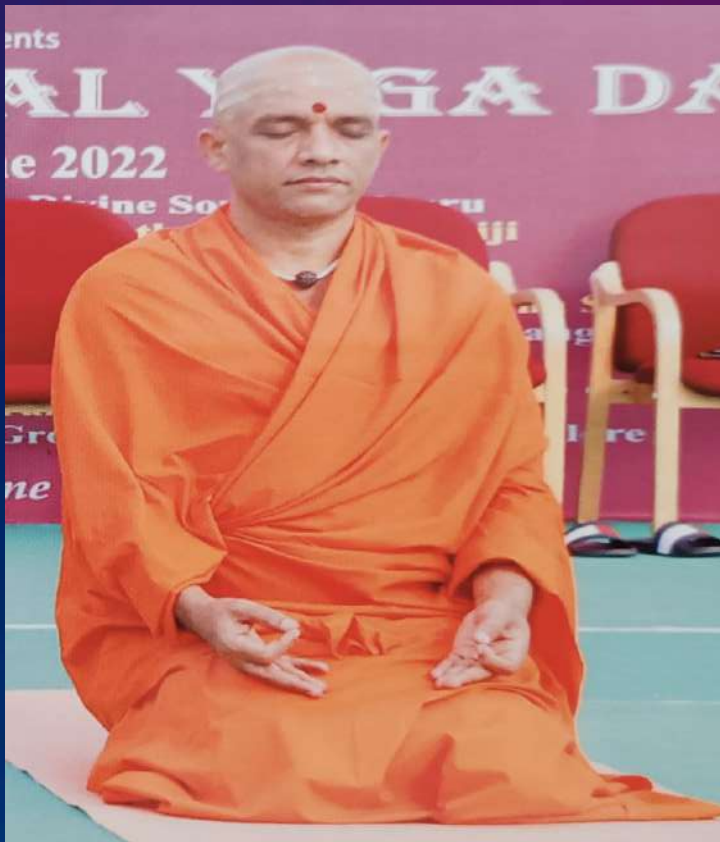
Time: 8:00 – 9:00 AM
BGS & SJB Grounds



Jai Sri Gurudev

Sri Adichunchanagiri Shikshana Trust

INTERNATIONAL YOGA DAY



The recourse to pacify the mind is called yoga

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Sri Adichunchanagiri Shikshana Trust

INTERNATIONAL YOGA DAY



Yoga is excellence in action



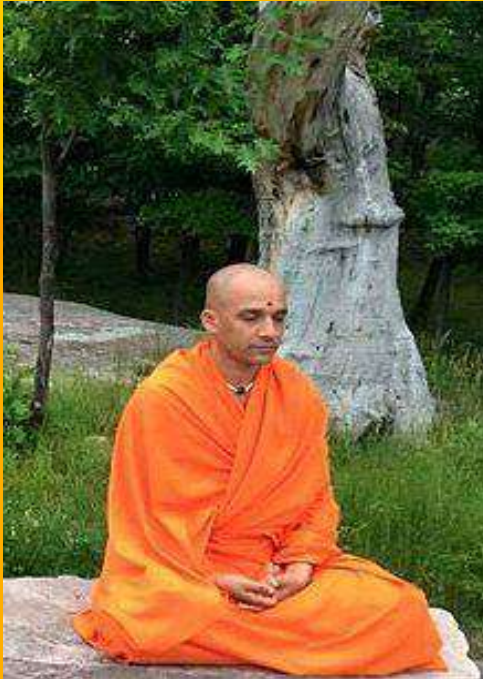
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Sri Adichunchanagiri Shikshana Trust

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Yoga Heals The Soul

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21st June 2024

In the Divine Presence of

Chief Guest



Shri Dr. CN Manjunath
Hon'ble Member of Parliament

Guests of Honour



Shri Ganesh
Cine Actor, Producer & Director



Shri Dr. K Raghavendra Pai
Yoga Guru, Veda Vyasa Yoga Institute, Mysuru

Revered Sri Sri Dr. Prakashnath Swamiji
Managing Director, BGS & SJB Group of Institutions
Bangalore



His Holiness Jagadguru
Sri Sri Sri Dr. Nirmalanandanatha MahaSwamiji
President, Adichunchanagiri Shikshana Trust



Time: 8:00 – 9:00 AM
BGS & SJB Grounds

A Hearty Welcome to One & All



Jai Sri Gurudev

Sri Adichunchanagiri Shikshana Trust

BGS & SJB Group of Institutions & SJS Yoga Institute

INTERNATIONAL YOGA DAY

21st June 2024



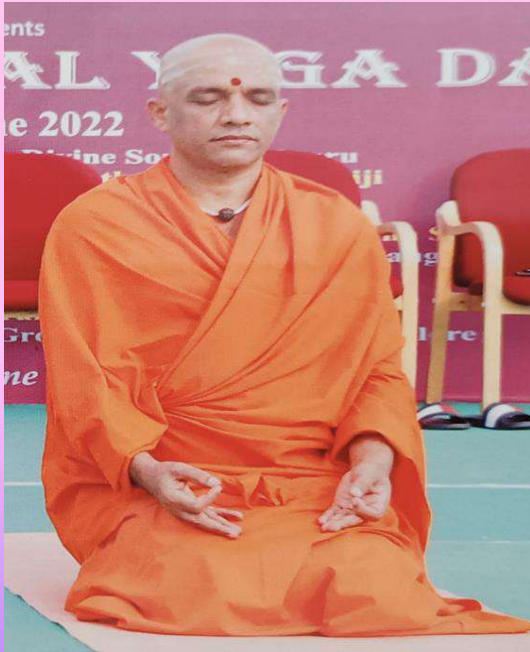


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Sri Adichunchanagiri Shikshana Trust



BGS & SJB Group of Institutions & SJS Yoga Institute INTERNATIONAL YOGA DAY

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INTERNATIONAL YOGA DAY

*Yoga is the
practice of
quieting your mind*

BGS B SCHOOL



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*Yoga is excellence
in action*

BGS PS





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Institutions**

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INTERNATIONAL YOGA DAY

*Yoga Adds Years to
Your Life & Life to
Your Years*

BGSGIPS

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Sri Adichunchanagiri Shikshana Trust

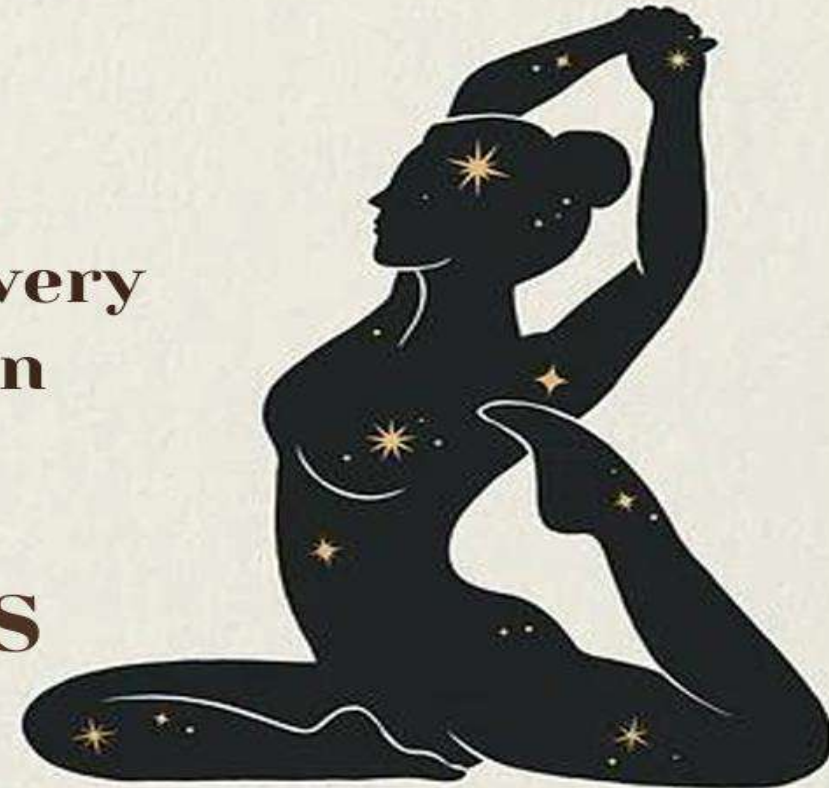
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Presents

International Yoga Day

**Yoga is
self-discovery
in motion**

BGSGIAS



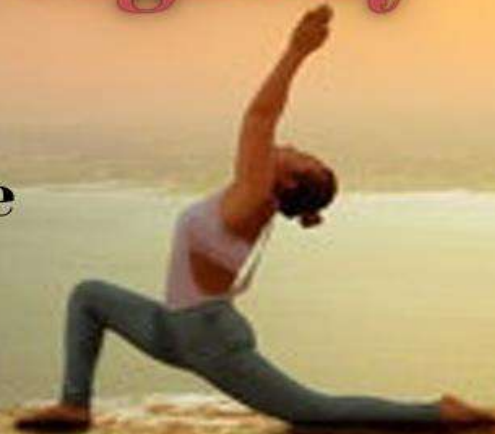
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International Yoga Day

**Yoga is
The journey of the
self, through the
self, to the self.**



BGSGIMS

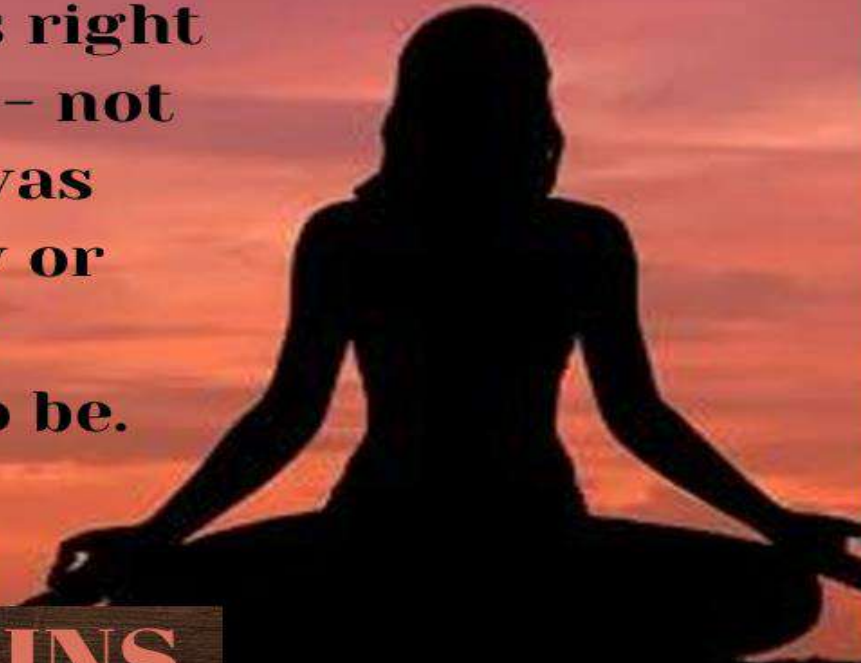
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International Yoga Day

**Yoga begins right
where I am – not
where I was
yesterday or
where
I belong to be.**



BGSGINS

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INTERNATIONAL YOGA DAY

*Yoga is the key to unlock
the door to Peace, Joy &
Tranquility*

BGSGIDS



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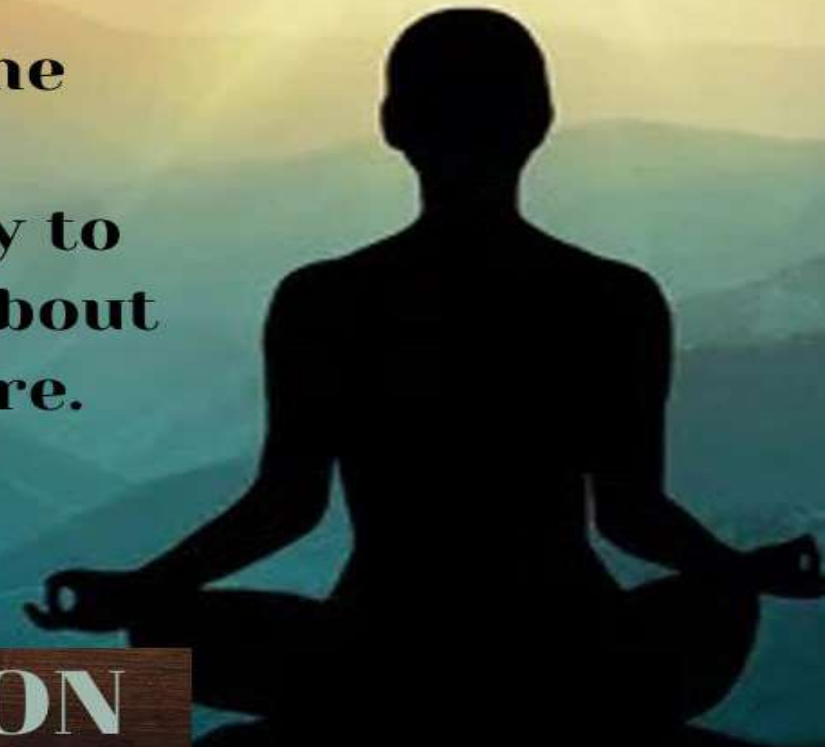
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Presents

International Yoga Day

**Yoga is the
perfect
opportunity to
be curious about
who you are.**



SJBCON