

Jai Sri Gurudev  
Sri Adichunchanagiri Shikshana Trust



# BGS & SJB Group of Institutions

*Presents*

## INTERNATIONAL YOGA DAY

**21<sup>st</sup> 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*

Jai Sri Gurudev

Sri Adichunchanagiri Shikshana Trust

# INTERNATIONAL YOGA DAY



*Yoga is excellence in action*

Jai Sri Gurudev

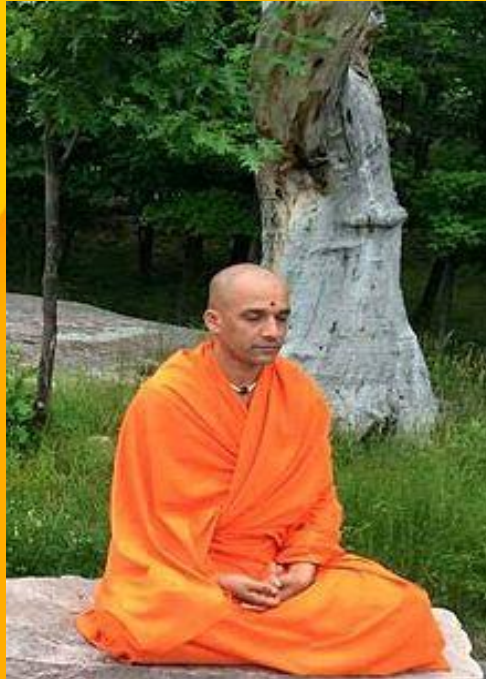
Sri Adichunchanagiri Shikshana Trust

# BGS & SJB Group of Institutions

Presents

## INTERNATIONAL YOGA DAY

21<sup>st</sup> June 2024



**Yoga Heals The Soul**

Jai Sri Gurudev

Sri Adichunchanagiri Shikshana Trust

# BGS & SJB Group of Institutions

Presents

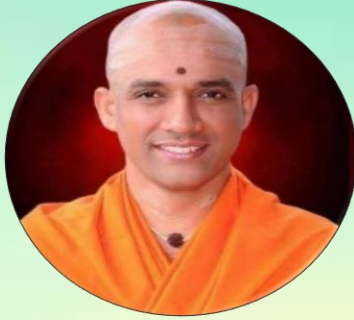
## INTERNATIONAL YOGA DAY

**21<sup>st</sup> June 2024**

In the Divine Presence of

**Chief Guest**

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



**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



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

21<sup>st</sup> June 2024



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Sri Adichunchanagiri Shikshana Trust



BGS & SJB Group of Institutions & SJS Yoga Institute

# INTERNATIONAL YOGA DAY

21<sup>st</sup> June 2024



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Sri Adichunchanagiri Shikshana Trust

**BGS & SJB Group of Institutions**

*Presents*

**INTERNATIONAL YOGA DAY**

*Yoga is the  
practice of  
quieting your mind*

**BGS B SCHOOL**



Jai Sri Gurudev

Sri Adichunchanagiri Shikshana Trust

**BGS & SJB Group of Institutions**

*Presents*

**INTERNATIONAL YOGA DAY**

*Yoga is excellence  
in action*

**BGSPS**



Jai Sri Gurudev  
Sri Adichunchanagiri Shikshana Trust

**BGS & SJB Group of  
Institutions**

*Presents*

**INTERNATIONAL YOGA DAY**

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

**BGSGIPS**



Jai Sri Gurudev  
Sri Adichunchanagiri Shikshana Trust

**BGS & SJB Groups of Institutions**

**Presents**

**International Yoga Day**

**Yoga is  
self-discovery  
in motion**

**BGSGIAS**





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Presents

# International Yoga Day

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



**BGSGIMS**

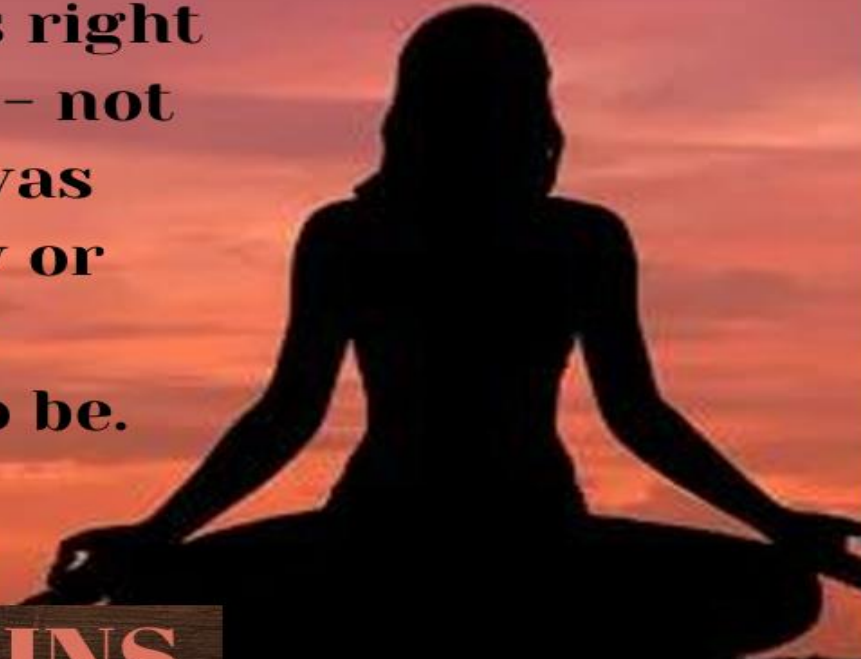
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Presents

# International Yoga Day

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



**BGSGINS**

Jai Sri Gurudev

Sri Adichunchanagiri Shikshana Trust

**BGS & SJB Group of Institutions**

*Presents*

# INTERNATIONAL YOGA DAY

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

**BGSGIDS**



Jai Sri Gurudev

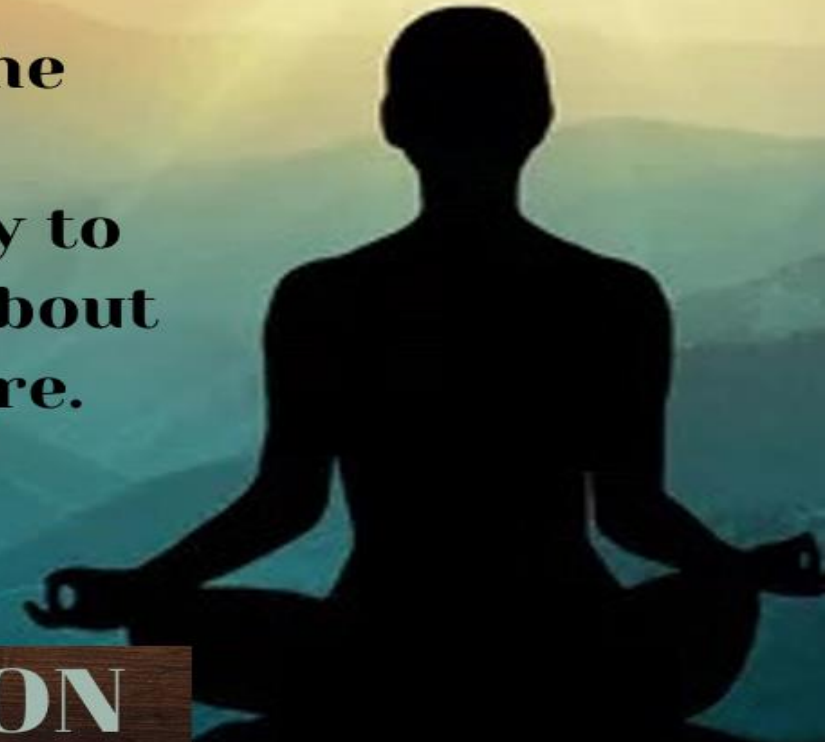
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**Presents**

# International Yoga Day

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



**SJBCON**