



Ramkumar Rathi Patanjali Yoga Chair,
Savitribai Phule Pune University
and Kaivalyadhama, Pune



cordially invite you to a special session on the occasion of the

12th International Day of Yoga

SURYANAMASKAR – SCIENCE, EXPERIENCE, AND RESEARCH

Speaker: Dr. Anand Godse

ABOUT THE SESSION



This interactive program offers a unique opportunity to experience Suryanamaskar under expert guidance. Dr. Anand will present insights into its scientific basis and discuss its transformative effects on the mind and body, combining research with experiential practice.



ABOUT THE SPEAKER

Dr. Anand Godse, through the **108 Suryanamaskar Movement**, has inspired individuals and communities to adopt Suryanamaskar as a daily discipline for improved physical health, mental resilience, and holistic well-being.



DATE & TIME

**Saturday,
20 June 2026**

9:00 – 10:30 AM



VENUE

Conference Hall,
Department of Health Sciences
Savitribai Phule Pune University



INSTRUCTIONS FOR PARTICIPANTS

- Please wear comfortable clothing suitable for yoga practice.
- Kindly bring a yoga mat, if possible.
- Join the session on a light or empty stomach.
- Breakfast will be provided after the session.

REGISTRATION LINK

<https://forms.gle/43j9tMK5yyTrcuoaA>

Let us come together to celebrate Yoga for Healthy Ageing.

Stay healthy, stay inspired!