

# **INDRIYA AROGYA SAPTAHA**

## **(8th July – 15th July)**

### **DAY 01 (8th July)**

Inauguration and Deep Prajwalan & Prayer.

### **DAY 02 (9th July)**

Yoga & Pranayama Sessions.

### **DAY 03 (10th July)**

Demonstration of Dinacharya Practices:

- Street Play
- Poster Exhibition
- Awareness Rally
- Selfie Stand
- Reels

### **DAY 04 (11th July)**

Panchakarma Demonstration:

- Tarpana
- Nasya
- Shirodhara
- Padabhyanga
- Karna Purana

### **DAY 05 (13th July)**

Sadvritta:

- Debate
- Quiz

### **DAY 06 (14th July)**

- Pick & Speak
- Song
- Educational Games

### **DAY 07 (15th July)**

Valedictory Programme