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**Rashtra Sevika Samiti
Yoga Shibir 2020**

Aatmiya Sevika Bhagini,

Hope you all well and doing good.

You are well aware that 21st of June being celebrated as World Yoga Day.

In view of this, starting from 14th to 20th June, a seven days Yoga Shibir is being organized in all states (Prants) of Bharat. All the sevikas have to conduct this seven days yoga shibir in their home, shakha, localities and apartment premises. Keeping in mind the social distancing and other precautions, it is desirable to have shibirs in more number of places instead of more participants in one place.

Where ever possible try to schedule common time table for this shibir in Nagar, jilla and Vibhag level of your prant.

- Time: In the morning between 5 and 8,
Daily 40 minuts yoga shibir
as per the convenience of your prant.

1. 14th June: Inaugural session shall be conducted through video message.
2. 18th June: A special session for cure and control of diseases through yoga has to be scheduled.
3. 20th June: Validictory session shall be arranged as per the local plan.
4. 21st June: Celebrate Vishva Yoga Day participating in the programme arranged by local administration according to programme given by Government of India.

Manisha Sant

Akhil Bharathiya Sharirik Pramukh