

Dear All,

As per DST directive, IACS is going to organize a popular lecture as its first program to celebrate the 8th International Yoga Day 2022.

Lecture Title: **Yoga & Breath work - Fight depression & anxiety**

Speaker: Ms. Shampa Basu, Faculty, a yoga coach and a youth mentor, The Art of Living

Date of Lecture: May 6th (Friday) 2022

Duration of lecture 1.00 hr.

Venue: C V Raman Hall of IACS

Time: 4.00 p.m.

[You are cordially invited to join the program in person.](#) You may also join the meeting online in the following link:

Join Zoom Meeting

<https://zoom.us/j/93085833307>

Meeting ID: 930 8583 3307

Passcode: 06052022