



**INDIAN ASSOCIATION FOR THE CULTIVATION OF SCIENCE
(A Deemed to be University)**

Celebration of 11th International Day of Yoga (21st June, 2025)

Programme Schedule

Day 1 - 20th June, 2025

Venue: S.N. Bose Hall

- 3:00 p.m. to 3:30 p.m. : Special Lecture on "Yoga for the Mind: An Integrative Approach to Mental Health" by Ms. Madhurima Dey Sarkar, Psychological Counsellor.
- 3:30 p.m. to 4:00 p.m. : Special Yoga session by Ms. Shoma Bhattacharya, Art of Living

Day 2 - 23rd June, 2025

Venue: Former Administration Hall, Main Building

Joint programme with Yoga Centre, Human Rights Literacy Mission, Kolkata

- 3:00 p.m. to 3:05 p.m. : Felicitation of the Hon'ble Director, IACS and Resource Personnel
- 3:05 noon to 3:15 p.m. : Inaugural address by the Hon'ble Director, IACS
- 3:15 p.m. to 3:35 p.m. : Power Point Presentations and Lectures
- 3:35 p.m. to 3:55 p.m. : Yoga Demonstration
- 3:55 p.m. to 4:00 p.m. : Vote of Thanks by Ms. Sarbani Saha, Registrar, IACS

All are cordially invited

Registrar