

St. Xavier's College (Autonomous), Kolkata

4TH INTERNATIONAL YOGA DAY (IDY)

June 21, 2018 at 09:30am

ICT Room (B.ED Building)

9:30am to 9:35am	Introduction by Prof.Dona Das Sengupta
9:35am to 9:40am	Inaugural address by Father Principal
9:40am to 10:10am	Lecture on Yoga Culture by Mr. Ajay Gupta
10:10am to 10:25am	Interactive Section by Mr. Ajay Gupta
10:25 to 10:40	Lecture on Anatomy and usefulness of yoga by Dr. Rajesh Goyel
10:40 to 11:15	Practical activity by Prof.Dona Das Sengupta
11:15 to 11:30	Interactive Session with Speakers