



PRIOR TO INTERNATIONAL DAY OF YOGA, 21ST JUNE, 2024

YOGA WEEK CELEBRATION

From 15th to 21st June, 2024

Theme: "Yoga for Women Empowerment"

Jointly organised by

IUCYS-UGC, PSNS, IQAC, Viksit Bharat Cell, Visva-Bharati
and

Department of Yogic Art & Science

Venue- Department of Yogic Art & Science (DYAS)

Vinaya Bhavana, Visva-Bharati

Santiniketan, West Bengal, India

Detail Programme

DAY	Time	EVENT
15/06/2024 (Saturday)	05:00 p.m.	YOGASANA COMPETITION FOR SCHOOL CHILDREN (INTRA-SCHOOL)
16/06/2024 (Sunday)	07:00 a.m.	SIT & DRAW COMPETITION FOR SCHOOL CHILDREN , SUBJECT - YOGA
17/06/2024 (Monday)	NA	NATIONAL HOLIDAY
18/06/2024 (Tuesday)	05:00 p.m.	YOGA FOR OFFICE WORKERS
19/06/2024 (Wednesday)	10:00 a.m.	YOGASANA COMPETITION FOR COLLEGE GIRLS (INTER- COLLEGE)
20/06/2024 (Thursday)	07:00 a.m.	YOGA FOR VISVA-BHARATI WOMEN WORKERS
21/06/2024 (Friday)	07:00 a.m.	COMMON YOGA PROTOCOL PRACTICE (VENUE- JAGADISH KANAN) org. by - OFFICE OF THE DIRECTOR PSNS AND DYAS
	10:00 a.m.	YOGASANA COMPETITION FOR SENIOR WOMEN (ABOVE 30 YEARS)



Saminan Mondal
12.06.2024

विभागाध्यक्ष / Head
यैगिक आर्ट एण्ड साइन्स विभाग
Department of Yogic Art & Science
विनय भवन / Vinaya Bhavana
विश्वभारती / Visva-Bharati
शान्तिनिकेतन / Santiniketan