



MAULANA AZAD COLLEGE

8, Rafi Ahmed Kidwai Rd, Kolkata – 700013
Affiliated to the University of Calcutta | NAAC Accredited 'A+'

National Service Scheme (NSS) Unit

In association with Internal Quality Assurance Cell (IQAC)

**Invites you to join the
Programme**

on

"Yoga for Healthy Ageing"



INTERNATIONAL
Yoga Day

ON MONDAY, June 22nd, 2026

Venue: Boys' Common Room & Seminar Room, Maulana Azad
College

Time: 12.30 PM onwards

NO REGISTRATION FEE REQUIRED

PROGRAMME SCHEDULE:

The NSS Unit celebrates this year's theme by highlighting the gentle practices that sustain joint mobility, cognitive sharpness, and emotional balance as we grow older. Through daily yoga, individuals of all generations can improve preventive healthcare, build physical resilience, and cultivate lasting inner peace.

- **PRACTICE OF YOGA**

The NSS volunteers will practice yoga which will act as a demonstration for students attending the programme.

Venue: Boys' Common Room; Time: 12.30 pm onwards

- **SPECIAL LECTURE ON YOGA**

Topic: "Prana & Prosperity: A Holistic Life-Goal"

Keynote Speaker: Mr. Avijit Chakraborty, Health & Wellness Advisor, Nutrition Advisor and NLP Practitioner.

Venue: Seminar Hall; Time: 1.30 pm onwards

ORGANIZING COMMITTEE:

PATRON: Prof.(Dr.) Krishnendu Dutta, Principal, Maulana Azad College

ADVISORS: Dr. Shampa Datta Gupta, Coordinator, IQAC, Maulana Azad College

Dr. Dabir Ahmed, Secretary, Teachers' Council, Maulana Azad College

CONVENER: Dr. Saika Hossain, Programme Officer, NSS Unit, Maulana Azad College

HOST ASSOCIATES: All members of NSS Unit, Maulana Azad College