



### The Schedule for Indian Yoga Association (IYA) Camp at Kumbh Mela from February 7-16, 2025

Time		07-Feb	08-Feb	09-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
6.00 AM	Tea	Tea	Tea	Tea	Tea	Tea	Tea	Tea	Tea	Tea	Tea
7:00 am - 8:00 am	Yoga Session	Check ins	Yoga Session by Acharya Pratishtha, Director, Mokshayatan Yog Sansthan	Pranayama Session by Dr Parinita Singh, Eminent Yoga Professional, Vice Chairperson, Academics, Jharkhand State Chapter	Yoga Session by Ms Sunanda S Rathi & Ms Maya Chuttar, Chiranjeev Foundation	Yoga Session by Shri Sumanta Nag, SVYASA	Pranayama Session followed by Meditation with Dr Radheshyam Mishra, Founder Director Yogalife Global	Yoga Session by Shri Mohan Karki	Meditation session by Dr KC Jain, Adhyatam Yog Sadhna Kendra & Treasurer, IYA	Pranayama and Meditation session by Shri Vikas Tiwari and Dr Anant Kumar Lokhande, Madhya Pradesh State Chapter	Yoga Session by Dr Yashwant Bhati, Madhya Pradesh State Chapter
8:00 am - 9:00 am	Ganga Snan	Ganga Snan	Ganga Snan	Ganga Snan	Ganga Snan	Ganga Snan	Ganga Snan	Ganga Snan	Ganga Snan	Ganga Snan	Ganga Snan
9:00 am - 10:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 am - 1:00 pm	Kumbh Tours	Check Ins	Kumbh Tours	Kumbh Tours	Kumbh Tours	Kumbh Tours	Kumbh Tours	Kumbh Tours	Kumbh Tours	Kumbh Tours	Valedictory
1:00 pm - 2:00 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Pranayama Session followed by Meditation by Ra	Lunch
3:00 pm - 5:00 pm	Kumbh Tours		Kumbh Tours	Kumbh Tours	Kumbh Tours	Kumbh Tours	Kumbh Tours	Kumbh Tours	Kumbh Tours	Kumbh Tours	
5:15 pm - 6:00 pm	Ganga Aarti	Inauguration by Shri Subodh Tiwari ji, Secretary General, IYA	Ganga Aarti	Ganga Aarti	Ganga Aarti	Ganga Aarti	Ganga Aarti	Ganga Aarti	Ganga Aarti	Ganga Aarti	Ganga Aarti
6:00 pm - 7:00 pm	Bhajan/Satsang		Swami Bharat Bhushan ji, Governing Council Member, IYA	Bhajan/Satsangs by State Chapter Committee Members	Bhajan/Satsangs by State Chapter Committee Members	Bhajan/Satsangs by State Chapter Committee Members	Bhajan/Satsangs by State Chapter Committee Members	Bhajan/Satsangs by State Chapter Committee Members	Bhajan/Satsangs by State Chapter Committee Members	Bhajan/Satsangs by State Chapter Committee Members	
7:00 pm - 8:00 pm	Events to be Announced	Session on Role of Yoga Centres in Modern Times by Dr R Elangovan, Executive Council Member	Yoga Session Dr Vikas Chothe and Dr Shwetambari Chothe, Swasti Yoga Centre	Yoga Session by Dhakaram ji	Yoga Quiz by Soko	Krida Yoga by Dr A Subramaniam, Secretary, Karnataka SCC	Dr SP Mishra, CEO, PrCB	Spirituality, Religion and Science by Dr KC Jain, Adhyatam Yog Sadhna Kendra & Treasurer, IYA	Shri Rohit Jaiswal, Heartfulness Meditation, IYA Professional Member	Pranayama Session by Dr Devika Madhav, Pranayama Expert, Life Member, IYA	
8:00 pm - 10:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	

*Note: The schedule for IYA's Camp at Kumbh Mela from February 7-16, 2025 is subject to changes*