

राष्ट्रीय प्रौद्योगिकी संस्थान रायपुर
NATIONAL INSTITUTE OF TECHNOLOGY RAIPUR
(Institute of National Importance)
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No./NITRR/ DSW/2017/2114

Raipur Dated: 16/06/2017

Notice

As per the order of MHRD, International Day of Yoga is to be celebrated in the Institute on Wed, 21st June 2017 at 11.00 A.M., in E-Class room.

All faculty members and staff members are requested to attend the above mentioned function. It is compulsory for all the students of the Institute (B.Tech, B.Arch, MCA, M.Tech and Ph.D.) to attend the above function.

Encl: - Program schedule

Prabhat Diwan
16.06.2017

Dr. Prabhat Diwan
Dean, Students' Welfare
NIT, Raipur

Copy to:-

1. PS to Director, NIT Raipur.
2. All Deans
3. Registrar, NIT, Raipur.
4. Dy. Reg. Admin.
5. Dy. Reg. F & A.
6. Prof. I/c, Estate office.
7. Sports officer.
8. All Section Head to intimate their colleagues.
9. All hostel wardens.
10. Medical officer.
11. Security officer.
12. Institute Website.

NATIONAL INSTITUTE OF TECHNOLOGY RAIPUR

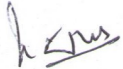
3rd INTERNATIONAL DAY OF YOGA

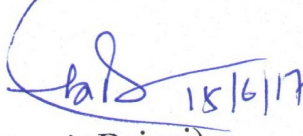
21ST JUNE 2017 – 11:00 AM to 12:30 PM

Venue: E- Classroom

Program Schedule

- | | |
|--|--------------|
| 1. Guest welcome and <i>deep prajjwalan</i> min | 11:00 -11:05 |
| 2. Brief introduction on Yoga and the achievements of HHY, NIT Raipur
Dr. Manju Shukla | 11:05- 11:10 |
| 3. <i>Asana</i> demonstration by yoga faculty –
Mr.Suraj Nishad, Mrs. Manju Jha
Mr. Lomash Chandrakar | 11:10- 11:15 |
| 4. Presentation on <i>Yogic</i> Anatomy and Physiology
Dr. Manju Shukla | 11:15- 11:25 |
| 5. Showcasing videos of <i>shudhi kriyas</i> (performed by students of NIT Raipur) | 11:25- 11:35 |
| 6. Sharing of experiences by yoga camp participants
Motivational speeches by HoD HSS, Dean DSW
and Director NIT Raipur | 11:35- 11:45 |
| 7. Vote of Thanks – HoD HSS | 11:45- 12:00 |
| 8. Refreshments | 12:00-12:15 |


Dr. Manju Shukla
Faculty HSS
NIT Raipur


(Dr. Samir Bajpai)
Head- Humanities & Social Sciences