

OFFICE OF THE DEAN (STUDENTS' WELFARE)  
NATIONAL INSTITUTE OF TECHNOLOGY KURUKSHETRA

No. DSW/2018/46

Dated:28.05.2018

**Subject: Conduct of Activities regarding Celebration of International Day of Yoga Day, June, 21, 2018**


As a part of the Action Plan, approved by the Hon'ble Director, regarding celebration of International Day of Yoga, 2018, the following activities have been planned to be conducted in the Institute:

1. One-month regular '**Power Yoga Camp**' for students, faculty & staff and their family members, starting from May 21<sup>st</sup> to June 20<sup>th</sup>, 2018 (to be coordinated by Prof-in-Charge (Physical Education)).
2. One-day '**Workshop on Yoga & Naturopathy**' to be organized in the last week of May, 2018 (to be coordinated by Prof-in-Charge (Hindi Language & Moral Education)).
3. Celebration of '**International Day of Yoga on 21<sup>st</sup> June, 2018**' as per specified yoga protocol. In addition, a guest lecture on yoga will be organized besides distribution of yoga literature to the participants.
4. A '**Special Yoga Demonstration**' by students during the program of Independence Day Celebrations on 15<sup>th</sup> August, 2018 (to be coordinated by Prof-in-Charge (Physical Education)).
5. A '**Quiz on History & Philosophy of Yoga**' and '**Poster Making Competition on Yoga**' in the last week of August, 2018 (to be coordinated by Prof-in-Charge (Students' Clubs)).
6. A '**Debate on Yoga & its Benefits**' in the last week of August, 2018 (to be coordinated by Prof-in-Charge (Students' Clubs)).
7. A Seminar on '**Yoga as a way of Life**' towards September end 2018 (to be coordinated by Prof-in-Charge (Students' Clubs)).

Kindly arrange to get the above information uploaded on the Institute Website.

  
Dean (SW) 28/5/18

Professor I/C CCN

  
29/5/18