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**NATIONAL INSTITUTE OF TECHNOLOGY
KURUKSHETRA - 136119**

No. D/2015/3179

Dt - 16/6/15

INTERNATIONAL YOGA DAY

As per instructions received from the Govt. of India through the MHRD, **June 21, 2015** is to be observed as International Yoga Day by organizing various activities in the Institute. The Institute has also been directed to ensure the participation of all the faculty, staff and students in the activities and to send a detailed report on the same day.

In compliance with the directive of the MHRD, the Institute has chalked out a program which is attached. It is requested that the program be circulated in the department/section and all the faculty/staff/students be persuaded to participate.

It is expected that all the HODs and Section Heads will participate in the program along with maximum number of faculty/staff/students. In addition, to ensure wide participation, every department/section will nominate at least 10 faculty/staff/students (BTech/MTech/PhD) to participate in the program. The list of nominated persons is to be send to the Director's Office latest by **5.00 pm on Thursday, June 18, 2015**.

All the nominated persons and all others interested should reach the lawns in front of the old Administrative Block at **6.00 am on June 21, 2015 (Sunday)** and register themselves first and then participate in the program starting at 6.30 am.

[Signature]
16.6.15
Director (Officiating)

All HODs/Section Heads

[Signature]
for information to all the concerned and on place one copy on institute (Academy) notice board information to students also

[Signature] 16/06/15

① out of station, I cant attend

[Signature] 18/06/15

NATIONAL INSTITUTE OF TECHNOLOGY

KURUKSHETRA - 136119

INTERNATIONAL YOGA DAY

June 21, 2015

PROGRAM

<u>Time</u>	<u>Activity</u>
06.30 am – 07.00 am	Introductory Lecture on the Importance of Yoga Day & the Practise of Yoga by Yoga Acharya
07.00 am – 08.00 am	Yogic Exercises under the supervision of a Yoga Trainer
08.00 am – 08.30 am	Snacks
08.30 am – 09.30 am	Lecture on various yogic exercises and their health related benefits by a Yoga Expert
09.30 am – 10.15 am	Video film on Yoga
10.15 am – 11.00 am	Interactive Session
11.00 am – 11.30 am	Valedictory Session (Closing remarks, feedback & Distribution of Yoga related Literature)

Resource Person:

**Dr. Swami Dev Vrat
Pradhan Sanchalak, Sarvdesik Arya Veer Dal
New Delhi**