



Office of the Dean (Students' Welfare)
National Institute of Technology Silchar

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No. NITS/D-SW/07/2023

Date-15/06/2023

NOTICE

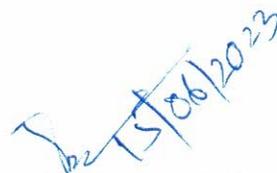
As per the initiative of Ministry of Education, Govt. of India, NIT Silchar will celebrate 9th International Day of Yoga (IDY) on 21st June 2023 to spread the awareness regarding the benefits of Yoga. This year the theme for IDY is "Yoga for Vasudhaiva Kutumbakam" – "हर आंगन योग". In this connection to mark the commencement of the grand celebration of IDY 2023, NIT Silchar fraternity has decided to conduct various activities (copy of the activities enclosed) starting from 16th June 2023.

All the faculty members, staffs and students of NIT Silchar are invited to participate in these events with enthusiasm and make it a grand success.

Event- 9th International Day of Yoga (21st June 2023)

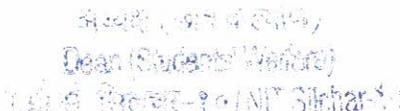
Observation Period: 16th to 30th June 2023

(Venue and Time are mentioned in the enclosed list of activities)


Dean (Students' Welfare)

Copy to:

1. PA to Director for his kind information.
2. All Deans for information and participation.
3. Registrar, for information and participation.
4. All HODs/Section Heads for information, participation and wide circulation among students, faculty members and staff of their respective branches.
5. Notice Boards.


Dean (Students' Welfare)
National Institute of Technology Silchar



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9th International Day of Yoga (IDY)

21st June, 2023

Theme: Yoga for Vasudhaiva Kutumbakam



वसुधैव कुटुम्बकम् के लिये योग

हर आंगन योग



SI No.	Proposed Activates	Date and Time	Brief about the Activity
1	Yoga my Pride Photo Contest – Coming soon \$1000, 750, 500 and Rs. 100K, 75k & 50k (Youth, Adult, Yoga professional) https://innovateindia.mygov.in/yoga-my-pride/ (Click on the link and follow the instructions to participate)	9 th - 30 th June 2023 17.00 hrs	The “Yoga My Pride” Photography Contest, organised by MoA and ICCR to raise awareness about Yoga and to inspire people to prepare for and become active participants in the observation of IDY 2023. The contest supports participation via the My Gov (https://mygov.in) platform of the Government of India (GoI) and will be open to participants from all over the world.
2	Pledge https://pledge.mygov.in/integrate-yoga-lifestyle/	15 th - 21 st June 2023	Following the Link provided and take the pledge available on yoga and download your certificate for pledge taking.
3	Make Reels/short videos of your yoga performance	16 th - 30 th June 2023	Make Reels/short videos of your yoga performance tag (@/#)NIT Silchar on that Reel/video and upload in your social Networking handle (Facebook/Instagram/Whatsapp)
4	Mass Yoga Demonstration followed by an Interactive session by Yoga Expert (Venue- Sports Complex)	21 st June 2023 8 AM	Yoga Experts (One Male and One Female) will demonstrate various Yoga Asanas. After the demonstration Yoga Experts will interact with all the participants for enlightening the importance & benefits of Yoga Asanas.
	Painting Competition on topic: Yoga for Vasudhaiva Kutumbakam	21 st June 2023 3:30 PM	Students and Kids of NITS campus will participate. Yoga experts will assess the competition
5	Cycle Rally (Venue- Starting Point In front of New Gallery till Link Road point Silchar (to and fro).	24 th June 2023, 7:30 AM	“हर आंगन योग”: Rally will be displayed for spreading awareness regarding importance and benefits of Yoga.
6	Observation of IDY 2023 at an Old Age Home located near NIT Silchar Campus	25 th June 2023 9 AM	A visit will be arranged with Yoga Experts to nearby Old age Home to demonstrate and make aware of Yoga for health, harmony and peace.

