

# 8<sup>th</sup> International Day of Yoga 2022

"Yoga for Humanity".

INDIAN INSTITUTE OF TECHNOLOGY KHARAGPUR  
TECHNOLOGY STUDENTS' GYMKHANA

**INTERNATIONAL  
DAY OF YOGA - 2022**  
21<sup>st</sup> JUNE 2022

75  
आज़ादी का  
अमृत महोत्सव

Yoga for Harmony & Peace

**FIT  
INDIA**

# YOGA

## MAHOTSAV 2022

— May 16 - June 21 —

**Venue: Tata Steel Sports Complex**

REGULAR YOGA SESSIONS FROM 6 AM TO 7:30 AM ON MON, WED & FRI  
GUEST LECTURES ON SAT

ALL THE FACULTY, STAFF MEMBERS WITH THEIR FAMILIES AND STUDENTS  
ARE INVITED TO ATTEND THE SESSION

## Schedule:

**Date: 21<sup>st</sup> June 2022**

**Time : 6 AM to 7:30 AM**

**Venue : Tata Steel Sports Complex**

**Live feed: YouTube Channel of TSG : <https://youtu.be/ieOqwpFbBMg>**

<b>Time (06.00-08.00 AM)</b>	<b>Program Schedule</b>
<b>6.00AM</b>	<b>Welcome by President, TSG</b>
<b>6.02AM</b>	<b>Speech by Prof. V.K. Tewari, Director IIT KGP</b>
<b>6.10AM</b>	<b>Speech by Swami Kaleshananda (CEO) Belur Math</b>
<b>6.40AM</b>	<b>Practice of 16-Asanas prescribed by the ministry</b>
<b>7.10AM</b>	<b>Demonstration on Rope Yoga</b>
<b>7.30AM</b>	<b>Vote of thanks</b>
<b>7.32AM</b>	<b>National Anthem</b>

## Evening Session (Venue : Kalidas Auditorium)

<b>4.30-6:00 PM</b>	<p align="center"><b>Talk and Interactive Session</b></p> <p><b>Dr. Satya Sawant</b>, MBBS, DGO (LHMC), MIMA, MFOGSI, MIMS Former Director- Churamani Hospital, Hisar</p> <p><b>Title of the Talk: YOGA FOR INCREASING ENERGY LEVEL</b></p> <p>Yoga is simplifying your lifestyle. It includes exercising healthy choices consciously and sticking to them. The present deliberation is an attempt to give a holistic picture of what is yoga and what all habits are complimentary to attain total wellness. This presentation will be a bridge between ancient wisdom and present circumstantial necessity through which we all can walk towards a meaningful and joyful life.</p>
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All are welcome to attend the session