

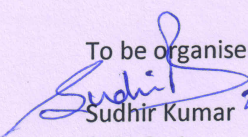
Technology Students' Gymkhana IIT Kharagpur

Proposed calendar for yoga activities for IIT KGP campus community and students.

22nd July 2021

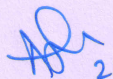
Sr.No.	Event	Date	description	Remarks
1	Yoga session on Practising Surya Namaskara	30th July 2021 Friday (time to be conveyed later)	For IIT KGP Community and students	
2	Yoga session for Women	12th August 2021 -Thursday (time to be conveyed later)	For the women members of IIT KGP community	
3	Yoga session for Men	27th August 2021 Friday (time to be conveyed later)	For the faculty and staff male members of IIT KGP	
4	Yoga session on Practising Pranayama	8th Oct 2021 Friday (time to be conveyed later)	For IIT KGP Community and students	
5	Yoga Practise sessions for Kids	28th & 29th Oct 2021 Thursday & Friday (time to be conveyed later)	For Kids of IIT KGP community	
6	Regular Yoga session	Subject to permission of Institute to conduct the activity (presently kept on halt due to COVID 19- Pandemic)	Regular Yoga practise session for all	
7	Other Yoga activity viz. Quiz , Yoga camp etc .	Subject to regular joining the Institute by IIT KGP Students	IIT KGP Students	
8	Yogic Kriyas practical and Theoretical aspect	Subject to regular joining the Institute by IIT KGP Students	IIT KGP Students	

To be organised and conducted by


Sudhir Kumar

P.T.I Gr-1

In-Charge Yoga


President , TSG