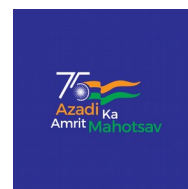




Indian Institute of Technology Kharagpur Technology Students' Gymkhana



In commemoration of the 'Azadi ka Amrit Mahotsav' and 'Fit India movement', IIT Kharagpur is going to conduct Yoga activities [**Yoga Mahotsav and the International Day of Yoga (YM-IDY) 2022**] for the students and the campus community during **16th May to 21st June 2022**. Experts from Technology Students; Gymkhana (TSG) are going to conduct YOGA sessions on a regular basis during weekdays with a focus on specific topic each day. The session on weekend will be conducted by renowned experts from other organisations. The program schedule is enclosed below.

Please register for the events using the link

<https://tinyurl.com/YogaMahotsav2022>

For more information, Please contact

Prof. M D Behera (coordinator of YM and IDY)	: 9434086859
Mr. Sudhir Kumar, (PTI G-I, TSG)	: 9800046284
Ms. Sangita Mondal(PTI, TSG)	: 6294620484
Mr. Brahmjot Singh (VP, TSG)	: 8196837717

You may also write an email to President, TSG at presidenttsg@hijli.iitkgp.ac.in

Updates on the event will be available on TSG website <https://gymkhana.iitkgp.ac.in>

Yoga Mahotsav and 8th International Day of Yoga (YM-IDY 2022)

Tata Sport Complex 1st Ground, IIT Kharagpur (16/05 – 21/06 2022)

SCHEDULE

Sl.	Schedule (06.00 – 07.30 AM)	Topic of the event /activity (YM-IDY 2022)	Day
1	16 th May	Inaugural-YM Talk by Yoga Expert - External	MON
2	18 th May	Hatha yoga for strength & flexibility	WED
3	20 th May	Yoga Asana for children	FRI
4	21 st May	Talk by Yoga Expert - External	SAT
5	23 rd May	Hatha yoga- cure for lower back pain	MON
6	25 th May	Core yoga for belly fat reduction	WED
7	27 th May	Pranayama - Workshop	FRI
8	28 th May	Talk by Yoga Expert - External	SAT
9	30 th May	Vinyasha yoga for boosting immunity	MON
10	01 st June	Vinyasha yoga to increase vital capacity	WED
11	3 th June	Yoga for cure of postural deformity	FRI
12	04 th June	Talk by Yoga Expert - External	SAT
13	06 th June	Power yoga to develop strength	MON
14	08 th June	Power yoga for weight loss	WED
15	10 th June	Yoga Shatkarma – workshop	FRI
16	11 th June	Talk by Yoga Expert - External	SAT
17	13 th June	Astanga yoga	MON
18	15 th June	yoga for relaxation and stress relief	WED
19	17 th June	Curative Yoga Asana	FRI
20	18 th June	Talk by Yoga Expert - External	SAT
21	20 th June	Yoga Quiz for school Children	MON
22	21 st June	Inaugural-IDY; and Talk by Yoga Expert IDY event - as per Yoga Protocol	TUE

Yoga will be conducted by TSG Officials on all weekdays during **YM-IDY 2022**