

International Day of Yoga-2017

Celebration



at

NITTTR Chandigarh

22-25 May, 2017

Event I: 4 Days Yoga Camp

Yoga Camp was organized by NITTTR Chandigarh for celebrating Upcoming "3rd International Day of Yoga" that is being celebrated on June 21,2017 throughout the whole country and the world.

Students of M.E, Ph.D Scholars, Faculty and staff of the institute participated in the camp which was organised under the supervision of Er. Ajay K. Duggal, Coordinator Yoga Activities.

During the camp following facilities were provided to the participants

- Yoga Mat
- Lemon Drinks & light snacks in the form of sprouts.



Yoga Camp: May 22-25, 2017



Participants in Yoga Posture



Trainers doing demonstration during the Camp

The copy of circular is shown below:

**NATIONAL INSTITUTE OF TECHNICAL TEACHERS' TRAINING &
RESEARCH
SECTOR-26, CHANDIGARH**

Dated: 12.05.2017

CIRCULAR No. 25

YOGA CAMP

A yoga camp shall be organized in the Institute premises from May, 22-25, 2017 from 6.30 a.m. onwards for a duration of approximately 45 minutes.

All M.E. students, Ph.D Scholars, Faculty/Staff and their family members are invited to join the program.

During the programme the following facilities shall be provided:

- Yoga Mat
- Lemon Drinks and Light snacks in form of sprouts

All interested are requested to give the name to the undersigned or Sh. Vijay Kr. Sharma or Sh. Aditya (Ph.D Scholar) / Sh. Yogesh.


(Er. Ajay K. Duggal)
Coordinator

Copy to:

- PA to Director for kind information of the Director.
- All Head of Department / All Section Incharge
- Notice Board I,II,III and IV
- Mother Teresa Hall
- Multi Purpose Hall
- Hostel Warden/Mess and canteen contractor for arrangement of refreshment.
- Prof. & Head Media Centre, to kindly arrange for sound system (Mike and Speaker).

June 18-21, 2017

Event II: Four Days Yoga Camp

In order to promote the awareness about Yoga and facilitate its learning Institute organised a four days Yoga Camp to celebrate 3rd International day of yoga with full vigour and enthusiasm.

The workshop was conducted by Er. Ajay K. Duggal, Co-ordinator Yoga Activities. Sh. Anurag Arora who is certified Yoga Instructor in Panjab University and part time instructor in other prestigious educational organisations actively demonstrated the Yoga Asans and Pranayams as per Yoga Protocol available on Ayush website.

**NATIONAL INSTITUTE OF TECHNICAL TEACHERS
TRAINING AND RESEARCH, SECTOR-26, CHANDIGARH**

CIRCULAR NO. NITTTR/ 49 DATED: 14/6/2017

Subject: YOGA CAMP at NITTTR – regarding.

As a part of celebration of International YOGA Day, A YOGA Camp is being held in the Institute Ground (Near New Guest House) as per details given below:-

Dates: 18th June, 2017 to 21st June, 2017


Timings: 06.15 AM to 07.15 AM

Shri Anurag Arora, who is certified Yoga Instructor in Punjab University, will be the resource person.

All employees, their family members, students and Ph.D Scholars are invited to join the camp.

As desired by the Director, it is mandatory for all students staying in Hostel to participate in this activity. Attendance shall be recorded at the venue.

Light refreshment (Lemon Water and sprouts) shall be served to the participants.


(Er. Ajay Kumar Duggal)
Coordinator Yoga Activities

- 1) Private Secretary to Director for kind information of the Director and with a request to kindly grace the occasion.
- 2) All Deans, HODs and Section Incharges for circulation among faculty and staff members working under them.
- 3) Dr. Rakesh Wats, Professor Incharge, Media Centre with a request to depute a person for arranging photography and Shri Natwar Singh for arrangement of PA System.
- 4) Faculty Incharge, ETV. He is requested to arrange for Video coverage.
- 5) Dr. Pawan Kumar Kansal, Institute Medical Officer (Part-Time) for information.
- 6) Shri RK Goel, Estate Officer. He is requested to make necessary arrangements for conducting above said activity (e.g. providing Druggets, electrical connections for PA system etc.)
- 7) Hostel Warden. He is requested to arrange refreshment about 100 persons.
- 8) Faculty Incharge Administration to spare Shri RK Malik and Shri Vijay Kumar Sharma to assist in conducting the above said camp.
- 9) Notice Board I, II, III and IV.
- 10) Hostel and Mess Notice Boards.

Institute also conducted Yoga Competition for staff and students on 3rd day i.e. on June 20, 2017

The Action Plan for IDY-2017 is as shown :



राष्ट्रीय तकनीकी शिक्षक प्रशिक्षण एवं अनुसंधान संस्थान
[मानव संसाधन विकास मंत्रालय, भारत सरकार]
सेक्टर 26, चण्डीगढ़ - 160 019

**NATIONAL INSTITUTE OF
TECHNICAL TEACHERS TRAINING AND RESEARCH**

[Ministry of Human Resource Development, Government of India]

SECTOR 26, CHANDIGARH - 160 019

ISO 9001 : 2008 प्रमाणित CERTIFIED

दूरभाष / Phones

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YOGA CAMP DURING MAY-June, 2017

Sr. No.	Activities	Duration of Programme
1.	Yoga Camp for staff and students	22-25 May, 2017
2.	Yoga Camp on International Yoga Day	18-21 June, 2017
3.	Yoga Competition for Staff and Students	20 th June, 2017

(AK Duggal)
Coordinator Yoga Activities

Here are some of the picture that were taken during the workshop:



Four day Workshop : Day 2

Inspite of heavy rain on third day i.e. on June 20, 2017 yoga competition was conducted for Faculty, staff and students under the guidance of Er. Ajay K Duggal and Sh. Anurag Arora.



Day 3: Yoga Competition among Girls



Day 3: Yoga Competition among Boys

And the winners of competition will be felicitated in the Institute Auditorium on June 21, 2017.

Here are some pictures taken during final day i.e. on international Day of Yoga: June 21, 2017:



Day 4: June 21, 2017 Participants doing Yoga



Refreshment after Yoga

On 4th day i.e. June 21, 2017 International day of Yoga, In addition A talk on 'Yoga - A way of life' by Yogi Budda Deva from Yogasth - A life Transforming academy has been arranged in the institute Auditorium as per details given below:

**NATIONAL INSTITUTE OF TECHNICAL TEACHERS
TRAINING AND RESEARCH, SECTOR-26, CHANDIGARH**

CIRCULAR NO. NITTTR/ 53

DATED: 20-6-17

Subject: INTERNATIONAL YOGA DAY CELEBRATION.

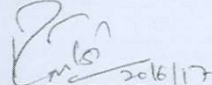
As a part of celebration of International YOGA DAY, a talk on 'YOGA - A way of Life' by Yogi Budda Deva from yogasth - A Life Transforming Academy, has been arranged in the Institute Auditorium, as per details given below:-

Date: 21st June, 2017

Timings: 4.00 PM to 5.00 PM

The winners of YOGA competition shall also be felicitated during the programme.

All faculty, staff, students and Ph.D Scholars are invited to join. Kindly occupy your seats by 3.55 PM.


(Prof (Dr) P.K. Tulsi)
Director-Incharge

Copy to:

- 1) All Deans, HODs and Section Incharges for circulation among faculty and staff members working under them and ensure their presence.
- 2) Dr. Rakesh Wats, Professor Incharge, Media Centre with a request to depute a person for arranging photography, PA System and Power Point Presentation System.
- 4) Faculty Incharge, ETV. He is requested to arrange for Video coverage.
- 5) Shri RK Goel, Estate Officer. He is requested to make necessary arrangements for conducting above said activity
- 6) Hostel Warden. He is requested to arrange refreshment about 200 persons.
- 7) Notice Board I, II, III and IV.
- 8) Hostel and Mess Notice Boards.