



National Institute of Technology, Tiruchirappalli-15 International Day of Yoga celebration - 2017 Brief Report



National Institute of Technology, Tiruchirappalli (NITT), celebrated International Day of Yoga in the institute auditorium - BARN Hall on June 21. The institute organized a high reaching Yoga demonstration programme for the faculty, staff, students and residential members of NITT.

Prior to International Day of Yoga, Seven days Yoga classes were conducted which have been inaugurated on 14th June 2017 and concluded with International Day of Yoga on 21st June 2017.

On 21st June 2017 Dr. Mini Shaji Thomas inaugurated the Yoga day celebration with lighting the lamp and She emphasis the importance of yoga for strengthening our mental and physical ability, increase the body flexibility and reduces stress.

Later yoga session was held led by renowned yoga guru K. VK. Sivaswamy, Founder of Yoga and Natural Health Research Foundation, Trichy as per the ministry of AYUSH guidelines. Different Asanas were demonstrated and practiced by all participants. The Director, NITT observed the International Day of Yoga celebration and also took part in the practical yoga session.

About 150 delegates including Dean Student's welfare Dr. A. Venkatasami Reddy, Dean of Indian Institutes of Information Technology, Srirangam, Associate Deans, Heads of various departments, faculty, Estate Engineers, staff, students and residential members of NITT participated for seven day Yoga classes and Yoga day celebrations.

On behalf of NSS and student's council of NIT, the NSS Coordinator Dr. V. Mariappan managed the events.

NITT proposed to conduct regular Yoga classes throughout year for all students, staff and their family members and also planned to organize all NIT Yoga Championship every year to encourage the yoga aspirants.









Action plan for the international yoga day – 2017

Sl. No.	Date/ period	Event
1.	01.05.2017 to 05.05.2017 & 08.05.2017 to 12.05.2017	<p>Summer vacation Yoga camp: Summer vacation special yoga camp by Akshaya Yoga Academy, Trichy for the children of faculty and staff. (Organized by ladies club)</p>
2.	12.06.2017 to 21.06.2017	<p>International Yoga day celebration: 7 days yoga workshop by the team of Yogachariya Prof. K. VK. Shivaswamy Ph.D., Gnanodhaya Yoga & Natural Health Research foundation, Tiruchirappalli.</p> <p>Day 1: Introduction about eight limbs of yoga, understanding of Yama, Niyama in yoga and practice about basic Asanas which is the third limb of yoga</p> <p>Day 2: Practice of various Asanas</p> <p>Day 3: Pranayama the fourth limbs of yoga – talk on Pranayama benefits and practice on Asanas and Pranayama</p> <p>Day 4: Practice of Asanas and Pranayama</p>

		<p>Day 5: Introduction of other four limbs of yoga – Pratyahara, Dharana, Dhyana (meditation) and Samadhi and practice on meditation</p> <p>Day 6: Practice of Asanas, Pranayama and Meditation as per Common Yoga Protocol prepared by Morarji Desai National Institute of Yoga, Ministry of AYUSH, India</p> <p>Day 7: Celebration of international yoga day 2017 as per the codes of Ministry of AYUSH</p>
3.	<p>From June 2017 (After international yoga day 2017) To March 2018</p>	<p>Regular Yoga classes: Regular Yoga classes weekly 3 days for NITT students in batch – I (Morning) and for staffs in batch – II (Evening) Monday, Wednesday and Friday. NCC and NSS students will be involved to organize the regular yoga classes.</p>
4.	August 2017	<p>Yoga orientation for first year: 10 days yoga practices for the First year B.Tech. students during the orientation Programme.</p>
5.	2017-18	<p>Seminar on yoga: Organizing Seminars on regular basis (4 Seminars) in collaboration with eminent Yoga / Medical Institutes to disseminate and exchange the experiences of eminent Yogis, Yoga Therapists and Researchers, Scientists as well as Yoga aspirants.</p>
6.	2017-18	<p>Bi-monthly expert lecture series: Organizing a Bi-monthly Expert Lecture Series on every odd month. Eminent experts from Yoga & Allied Sciences as well as AYUSH / Allopathy experts will be invited to deliver expert lectures in the Institute on regular basis.</p>
7.	Feb 2018	<p>Yoga competition: Open to all yoga practitioners of all over the country (Yearly once)</p>
8.	2017-18	<p>Yoga to community: NITT community radio will be utilized to broadcast the Yoga activities at NITT to reach common people and yoga will be taught to the nearby school students by NSS and NCC Yoga practiced volunteers</p>