



6th INTERNATIONAL DAY OF YOGA

छटा आन्तराष्ट्रीय योगा दिवस

NATIONAL INSTITUTE OF TECHNOLOGY SILCHAR

राष्ट्रीय प्रौद्योगिकी संस्थान सिलचर



"Yoga at Home and Yoga with Family "



21st June 2020
२१ जून २०२०



NOTICE

We are pleased to inform you that the 6th International Yoga Day will be celebrated on 21.06.2020. The Hon'ble Prime Minister has set the theme of this year's Yoga Day as 'Yoga at Home and Yoga with Family'.

This year we shall celebrate the day by performing Yoga at our home with our family. The Yoga instructors will be available on a Facebook Live session where they will provide the instructions and we all shall perform at our home.

I shall request all the faculty, staff and students members of the institute to join in this endeavour and make the 6th International Yoga Day successful.

The Facebook Live ID: <https://www.facebook.com/GymkhanaUnionBodyNitSilchar/>

Date: 21. 06. 2020

Time: 9:30 am -10:30 am

Prof. R. D. Misra
Dean (SW)