

*Report on  
National Seminar on Yoga 21<sup>st</sup> June 2022 & Yoga from 16-20 June 2022  
In connection with celebration of Yoga Amrit Mahotsav  
on the Occasion of 75 Azadi ka Amrit Mahotsav  
8<sup>th</sup> International Day of Yoga (IDY-2022)  
Organised by NIT Arunachal Pradesh*

This year on the occasion of the 8th International Day of Yoga, NIT Arunachal Pradesh Jote conducted a week-long yoga Mahotsav in which yoga gurus Shri Vatsal Sharma from Kaivalyadham Yoga Institute Pune and Shri Bedakanta Mahanta, Director of Vedabyassa Yoga Niketan Assam were invited to guide students in their yoga journey and done yoga session along with students from 16-20 June 2022. From 16th June to 20th June many interested students eagerly joined early morning and felt the bliss of yoga.

On 21st June the main program was conducted in our institute auditorium and hostel. The programme started early morning many faculties, staff and all the students actively participated and gained the benefits from the national programme which was telecasted live from Mysore, Karnataka in which our respected Prime Minister Shri Narendra Modi Ji and Union dignitaries addressed this year's motto of "Yoga for humanity" and encouraged everyone to include yoga in their daily lives. Also, a few students were participating by watching live telecasts in their respective hostel TV rooms. After the national programme, our instructors guided all the present students and faculty members in a beautiful yoga session. Refreshment was served and followed by National seminar.

In the National seminar, our respected Director, Prof. Pinakeswar Mahanta, and Chief Guest Shri Shankaranand Joint Organising Secretary BSM-Bharatiya Shikshan Mandal addressed students about the importance of yoga and guided students on many different things. A few students Harshit, Ankita, Shaini and Joyshree Das and anchors were also briefed on yoga.

The whole session was managed by Dr MM Singh Organising Secretary and Prof. RP Sharma Organising Chairman, Dr Rajen Pudur, Dr T. D. Das and Mr. Raju Sharma IT Cell and Bhaskar Lal Das and his teams. The program was successfully conducted with the help of specially 1st-year students B.Tech students and PhD Scholars with the presence of **161 participants physically** at NIT Arunachal Pradesh.

Below are few photos



