

NATIONAL INSTITUTE OF TECHNICAL TEACHERS' TRAINING AND RESEARCH, KOLKATA BLOCK-FC, SECTOR-III, SALT LAKE, KOLKATA-700106

CELEBRATION OF INTERNATIONAL DAY OF YOGA - 2020



The 6th International Yoga Day with the theme "Yoga for health – Yoga at Home" on 21st June was celebrated from the home of respective employees of the Institute amidst the pandemic COVID 19 to adhere to Government Directives issued in this regard. In his maiden address to the employees of the Institute Online Professor Debi Prasad Mishra, Director of the Institute emphasized the need of Yoga and its impact. He traced back the

Yoga in the ancient India where it was used to stay healthy both physically and mentally. He also lamented that todays' Yoga practice in the artificial environment in studio is not effective as it was in the yesteryears where this was a regular practice in the natural environment of GURUKUL. He strongly advocated practicing Yoga in natural environment to keep one healthy and mentally strong. The members of faculty and staff practiced Yoga from their home only. Some photographs are appended below to depict postures of YOGA by the employees of the Institute. The Programme was coordinated by Dr. Kinsuk Giri, Assistant Professor and Shri Avijit Kundu, Technical Officer.

