



त्रिपुरा विश्वविद्यालय/ TRIPURA UNIVERSITY

(केन्द्रीय विश्वविद्यालय / A Central University)

सूर्यमणिनगर / Suryamaninagar, त्रिपुरा/ Tripura- 799022

Activities for 5th International Day of Yoga (IDY) 2019

- **Workshop was held on Meditation** for M.P.Ed students from 2nd to 8th May 2019
- **One week yoga workshop on Yoga Asanas** for Tripura University fraternity from 14th June to 20th June 2019
- **Poster presentation on “Yoga and World peace”** will be held on 19th June 2019 at 12.00 Noon in the Department of Physical Education, Tripura University
- **Video display of Yoga Culture** on 20th June 2019 at 2.00 pm in the Seminar Hall, Department of Physical Education, Tripura University
- The Common **Yoga Protocol** shall be performed in groups on 21st June 2019 from 7.00 am to 8.00 am
- **Lecture by Eminent Personalities** on 21st June 2019 at 11.00 am onwards
- **Yoga Demonstration** shall be present on 21st June 2019 at 12.00 noon
- **Exhibition on Yoga** on 21st June 2019 at 1.00 pm

Sd/-
(Dr. K.B. Jamatia)
Registrar (i/c)
Tripura University