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 Dept. of Physical Education



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 Assistant Professor  
 Dept. of Physical Education



**Joint Secretary**  
**Dr. Sudip Das**  
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 Dept. of Physical Education



**Joint Secretary**  
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 Assistant Professor  
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6. Dr. Mukesh Mitra MMD College Sabroom, Tripura
7. Dr. Subal Das, GDC, Kamalpur, Tripura
8. Mr. Surujit Sarkar, Security Officer, TU
9. Mr. Pranay Pal, Assistant Registrar (Finance) DDO
10. Mr. Sm. Farooque, Guest faculty, Dept. of Phy. Edn, TU

## How to Reach Tripura University

The University is located in the picturesque state of Tripura, which is composed of undulating topography with low lying hills in its northern part and dense vegetation cover. The average temperature of Agartala in summer is about 30°C and in winter is about 15°C

### By Road

The state is well connected with Guwahati, Shillong, Aizawl, Imphal and other cities and towns of Northeast India by road (both Non-AC and AC buses). A daily bus service from Kolkata to Agartala is also available for which a transit visa is needed through Bangladesh.

### Railway

The host city is well connected by rail to various cities in India. There is a direct railway connectivity from the national capital New Delhi to Agartala.

### By Air

It is also well connected on air-routes by some airline, viz, Indian Airlines, Indigo, Jet Airways, Spice Jet etc. The Airport located 20km away from the Tripura University and 5.5 km away from the Agartala Railway station.

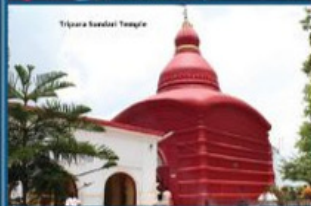
## TOURIST DESTINATION

1. Tripura is a hilly state in northeast India, bordered on 3 sides by Bangladesh, and home to a diverse mix of tribal cultures and religious groups. In the capital Agartala, the imposing Ujjayanta Palace is set among Mughal gardens, and Gedu Mia's Mosque has white marble domes and towers.
2. Neermahal summer palace sits in the middle of Lake Rudrasagar and blends Hindu and Islamic architectural styles.
3. Dumbour Lake is a charming water body located in Gandacherra Sub Division 120 Km. away from Agartala. A massive and breathtaking water body of 41 sq.km. with an unending spell of luxuriant green vegetation all around stands majestic for her exceedingly charming beauty and 48 islands in the midst of the lake. Migratory birds and water sports facilities are additional attractions.
4. Tripura Sundari Temple is a Hindu temple of the Goddess Tripura Sundari, better known locally as Devi Tripureshwari. The temple is situated in the ancient city of Udaipur, about 55 km from Agartala, Tripura and can be reached by train and road from Agartala.

Ujjayanta Palace



Tripura Sundari Temple



Dumbour Lake



## Two Day's National Seminar on

## “Yoga, Health and Happiness”



## In Celebration of International Day of Yoga, 2023

From 19th – 20th June, 2023

Organized by  
 Department of Physical Education  
 Tripura University  
 (A Central University)  
 Suryamaninagar, Tripura, Pin No. 799022

Website: [www.tripurauniv.in](http://www.tripurauniv.in)

Email- [phednyoga2023@gmail.com](mailto:phednyoga2023@gmail.com)

Sponsored by: Inter University Center for Yogic Sciences  
 (IUC-YS)



# DEPARTMENT OF PHYSICAL EDUCATION

## TRIPURA UNIVERSITY

(A Central University)

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F.TU/Phy.Edu./Workshop/Seminar/Conference/44/2022

Date 06/06/2023


### NOTIFICATION

Department of Physical Education, Tripura University is going to organize different activities for All Teaching , Non-Teaching staff, research Scholars and students in connection with observance and celebration of “**International Day of Yoga, 2023**”. The activities will be held from 18<sup>th</sup> May to 21<sup>st</sup> June, 2023 in the Department of Physical Education. All are cordially invited to participate in the said programme.

Dr. Sanjib Kumar Bhowmik, Assistant Professor, Department of Physical Education, Tripura University will be the coordinator of all the activities.

Details of activities are given below:-

Sl. No.	Activities	Date & Time
1	<b>Online/ Offline Lecture Series on Yoga and Yogic Sciences</b>	18 <sup>th</sup> May to 20 <sup>th</sup> June 2023
2	<b>Summer Yoga camp for School children</b>	8 <sup>th</sup> June to 15 <sup>th</sup> June 2023
3	<b>Quiz Competition on “Yoga” for Tripura University Students.</b>	15 <sup>th</sup> June 2023
4	<b>Open Yoga Asana Competition</b>	16 <sup>th</sup> June 2023
5	<b>Two Day’s National Seminar on Yoga, Health and Happiness</b>	19 <sup>th</sup> & 20 <sup>th</sup> June, 2023
6	<b>Yoga Protocol</b>	21 <sup>st</sup> June 2023(6.30 am to 8:30 am)

  
(Prof. Prasanta Kumar Das)  
Head  
Physical Education, TU

Copy to:

9. All Deans, TU
10. All HODs/HOD (I/C), TU
11. All faculties, Officers, TU
12. Research Scholars, TU
13. P.S. to the Hon’ble Vice Chancellor, TU for kind information.
14. P.A. to the Registrar, TU for kind information.
15. TU Website
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