



CELEBRATION OF INTERNATIONAL DAY OF YOGA – 2019



NITTTR-Kolkata celebrated “International Day of Yoga” on June 21, 2019 with active participation of our honorable Director, Prof. Phalguni Gupta, faculty members, teaching and non-teaching staff and students of the institute. Mr. Shivam Kumar Roy, Yoga Instructor from Kolkata Yoga Club described the benefits of “Yogasana” and hosted a yoga session for the participants. The session ended with “Sankalpa” and Shanti path by Mr Avijit Kundu, co-ordinator of the Event.

