



राष्ट्रीय प्रौद्योगिकी संस्थान अगरतला  
NATIONAL INSTITUTE OF TECHNOLOGY AGARTALA  
Jirania, Barjala, Tripura (W:)

NITA/25(40-DSA) IND-YOGA/2017-2018/737-46.

Dated: 29.04.2025

NOTICE

**100 Days Yoga Challenge – Celebration of International Day of Yoga, 2025**

This is to inform all students, faculty, and staff members of NIT Agartala that the Sports Section is organizing a **100 Days Yoga Challenge** as part of the celebrations for the International Day of Yoga 2025. All students, faculty, and staff are encouraged to take up the Yoga Challenge and actively participate in the programme, which will commence from **May 1, 2025**.


*Let's come together to embrace a healthier lifestyle through the daily Yoga practice.*

TIME	VENUE
6 AM TO 7 AM	YOGA Hall, ABV Sports Complex, NITA

  
Prof. U.K Bera  
(Dean SW-2)

Copy to;

1. PS to the Director for kind information of the Director, NIT Agartala
2. The Registrar for kind information.
3. All Deans for kind information.
4. All HODs for kind information.
5. Chief warden & wardens for kind information.
6. SAS Officer for kind information and necessary action.
7. Sports officer & Physical Edu. officer for necessary action.
8. All Section In charge.
9. System Administrator with request to upload the notice on the NITA website.
10. All Notice Boards

  
Prof. U.K Bera  
(Dean SW-2)