



Indian Institute of Information Technology  
Tiruchirappalli



# Enlighten Within

## A 7-day Yoga workshop

in celebration of International Yoga Day - 2022

### Invitation to Inauguration Function



Chief Guest : Mr. Prabhu - Trained Teacher  
(Isha Foundation, Coimbatore, Tamil Nadu)

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June 10, 2022 AT 10:00AM

Meet Link : <https://meet.google.com/pfe-uycc-xna>



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## A 7-day Yoga workshop

**Inaugural address - Prof. N.V.S.N. Sarma**  
Director, IIT Tiruchirappalli

**Chief Guest - Mr. Prabhu - Trained Teacher**  
Isha Foundation, Coimbatore, Tamil Nadu

**Faculty Incharge - Dr. N. Renugadevi**  
Assistant Professor - CSE

June 10, 2022 AT 10:00AM

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# Schedule



Day	Date	Event
Day - 0	10/06/2022	Inauguration Function
Day - 1	11/06/2022	Isha Kriya
Day - 2	12/06/2022	Yoga Namaskar
Day - 3	13/06/2022	Neck Practices
Day - 4	14/06/2022	Directional Movement & Simha Kriya
Day - 5	15/06/2022	Nada Yoga & Shambhavi Mudra
Day - 6	16/06/2022	Sashtanga
Day - 7	17/06/2022	Surya Namaskar

Teaching Session : 7:30Am - 09:30Am

Practice Session : 04:15Pm - 06:15Pm

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# Inaugural Function - Agenda *ishaa*

- 10:00Am - Students will join the meet**
- 10:05Am - Invocation (Vandemataram)**
- 10:06Am - Welcome address by Ms. Bhavana**  
**(Volunteer - Yoga Club)**
- 10:07Am - Opening Remarks by Dr. N. Renugadevi**  
**( Faculty coordinator - Yoga Club)**
- 10:10Am - Inaugural address by Prof. N. V. S. N. Sarma**  
**(Director, IITTT)**
- 10:15Am - Introducing the Chief Guest by Mr. Suman Raj**  
**(Volunteer - Yoga Club)**
- 10:16Am - Chief Guest Address by Mr. Prabhu, Trained Teacher**  
**(Isha Foundation, Coimbatore, Tamil Nadu)**
- 10:45Am - Vote of thanks by Mr. Ayush Singh**  
**(Volunteer - Yoga Club)**

**"Yoga is the journey of the self, through the self, to the self."**

**-- Srimadbhagavad Gita**