



NATIONAL INSTITUTE OF TECHNOLOGY DURGAPUR

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Sub: Special yoga classes Schedule for UG, PG and PhD students for the academic year 2017-2018

| Sl No | Category | Girls/Boys | Venue | Day | | | Timing | | Trainer's name |
|-------|----------|--------------------------|---------|---------|-----------|----------|---------|----------------|---------------------|
| 1. | PG+ PhD | Boys | SAC | Tuesday | Thursday | Friday | Evening | 5.30PM-6.30PM | SUMANTA BISWAS |
| 2. | PG + PhD | Girls | SAC | Monday | Wednesday | Friday | Morning | 6.30AM-7.30 AM | BHAGYABATI PAL |
| 3. | UG | Girls (II, III, IV Year) | Hall-13 | Monday | Wednesday | Friday | Morning | 6.30AM-7.30 AM | SWATI BHATTACHARYYA |
| 4. | UG | Girls (1st Year) | Hall-10 | Monday | Wednesday | Friday | Evening | 5.30PM-6.30PM | BHAGYABATI PAL |
| 5. | PG | Girls | Hall-10 | Tuesday | Thursday | Saturday | Evening | 5.30PM-6.30PM | SUSMITA MAJUMDER |
| 6. | UG | Boys | SAC | Monday | Wednesday | Friday | Evening | 5.30PM-6.30PM | UJJWAL SARKAR |

❖ The Classes will start from 28.08.2017

Dr. Durbadal Mandal, ECE Dept.,
Nodal Officer for Yoga