



# NATIONAL INSTITUTE OF TECHNOLOGY DURGAPUR



## FIT INDIA MOVEMENT

### NOTIFICATION

Date: 18.12.2021

FIT India supervising Committee, NIT Durgapur is going to organize a seminar /webinar (Online Mode)

**On 22nd Dec 2021 from IST 7pm.**

The **theme** of the seminar is “**Balance Mind and Heart and Stay FIT under *Mind to Health* series**”.

This is first webinar being organized by **FIT INDIA PROGRAM of NIT DURGAPUR.**

All the faculty members’ staffs and students of NIT Durgapur families are requested to attend the webinar on **22nd December 2021 at 7pm.**

We will send the Link and program schedule soon.

Professor Dalia Dasgupts Mondal  
Chairperson, Fit India Supervising Committee  
National Institute of Technology Durgapur