



Foundation Stone Laying for **LABYRINTH GARDEN** *Nirvana* Centre for Yoga & Holistic Wellness, NIT Calicut



**25TH MAY
2022
WEDNESDAY**

04:00PM-05:30PM

**Premises of
ARYABHATA HALL
NITC Campus**

Labyrinth Walk

A meditation walk through a winding path leading to a centre. A walk on labyrinth are ancient heritage used symbolically, as foot meditation, choreographed dance or place of traditional rituals and ceremonies. Labyrinth are tools of personal, psychological and spiritual transformation designed to enhance the activity of the right brain. Labyrinth represent sacred geometry, spiritual pilgrimage, environmental art and communal harmony.

Programme Schedule

Outdoor Programme – Behind Aryabhata Hall

4:00 PM Welcome Note

Dr. Kasthuba A K

Chairperson CYHW

4:05 PM About labyrinth garden in the campus

Dr. Prasad Krishna

Director, NIT Calicut

4:10 PM *Laying of foundation stone for Labyrinth gardens (Nirvana) and Planting Tree Saplings*

Chief Guest - Sampujya Swami Chidananda Puri, Director

Indoor Programme – Inside Aryabhata Hall

4:15 PM Lecture on **Spirituality and wellness**

Sampujya Swami Chidananda Puri

Director, Advaitashramam, Kozhikode

4:30 PM Felicitation

Sri. Rohini Suta Das

ISKCON Mangalore

4:45 PM Felicitation

Yoga Acharya Sri. Unniraman Master

Director, Patanjali Yoga Research Centre, Calicut

5:00 PM **Yogic Dance - Students of Patanjali Yoga Research Centre**

5:30 PM Vote of Thanks

Dr. Rajanikant

Dean (Students Welfare)



Co-ordinator: Dr. Sunitha K (EED) | Dr. Jayachandran K (CED)

Email: chair.cyhw@nitc.ac.in | office.cyhw@nitc.ac.in

Contact: 0495 2286901 | +91 9846952271