



Indian Institute of Information Technology, Vadodara
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21st June, 2019

Celebration of International Day of Yoga-2019

The Fifth International Day of Yoga 2019 was enthusiastically celebrated on 21 June 2019 at the Indian Institute of Information Technology Vadodara (IIITV) institute premises. The IIITV community including students, research scholars, staff, and faculty members participated in the event. On this special occasion, Mr. Ishan Mistry (Associated with Art of Living foundation, Gandhinagar, Gujarat) was invited to teach and demonstrate about Yoga, its scientific relevance and benefits.



Photo: Mr. Ishan Mistry

The Yoga session started at 9.30 AM, under the supervision of Mr. Mistry and his team. Before starting the session, the instructor briefed the participants on role of Yoga in daily life and stressful work culture. He also briefed about benefits of Yoga for a strong and flexible body, peaceful mind and good health. Mr. Mistry emphasised on the importance and benefits of doing Yoga in our daily life. Yoga is an art which connects our soul, mind, and body together. It makes us strong, flexible, peaceful and healthy. Yoga also sharpens the intellect and aid in concentration. It improves physical fitness, stress, controls general well-being, mental clarity and greater self-understanding.



The event started with a warm up session including stretching and breathing exercises. Subsequently various Pranayams such as Bhastrika, Shitali and Ujjayi; Asanas including Vajrasan and Surya Namaskar, were performed. Finally, the Yoga session was concluded with fifteen minutes meditation. The participants practiced all the exercises with full determination and zeal.





Photo: Yoga Session

The Sports and Cultural committee has organised an event for students, wherein, the students had to submit posters/ banners/ slogans on Yoga before 20th June. The committee selected the poster of Ms. Hemal Chandrana (Administrative Assistant) and slogan written by an undergraduate student Mr. Adit Alware (Student ID- 201851006). The selected poster was displayed on 21st June during the yoga session in our institute premises.

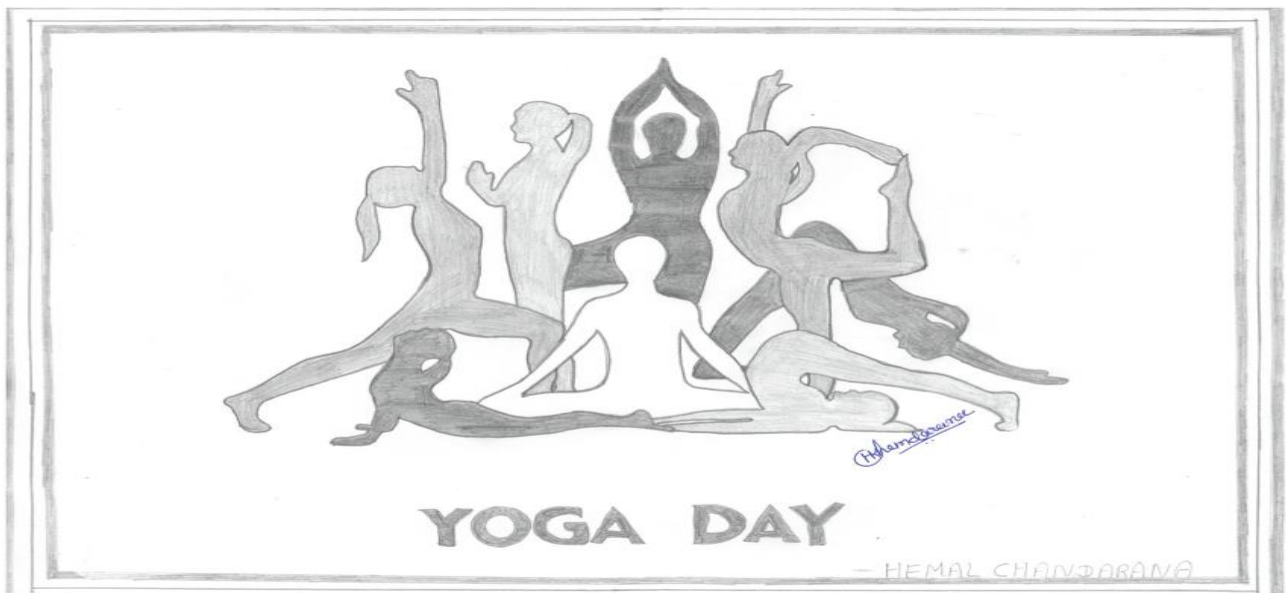


Photo: Selected poster

The event ended at 11:15 AM with concluding remarks by Dr. Naveen Kumar, member sports and cultural committee IITV and the coordinator of the event. Refreshments (bananas and juices) were served to the participants after the session. Videos on the importance and benefits of yoga were played in order to create awareness among one and all.