

REPORT ON INTERNATIONAL DAY OF YOGA: 21st JUNE, 2018

NATIONAL INSTITUTE OF TECHNOLOGY SRINAGAR, HAZRATBAL, KASHMIR.

In compliance with the communication received from the Ministry of Human Resource Development, International Yoga Day was organized at National Institute of Technology Srinagar on June 21st, 2018 from 9:30 a.m. onwards. The main theme of the Yoga Day was

“LIVE THE LIFE TO ITS POTENTIAL”

AND

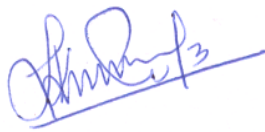
“YOGA IS THE JOURNEY OF SELF, THROUGH THE SELF, TO THE SELF”

Prof. Rakesh Sehgal, Director of the Institute welcomed the participants and introduced Yoga Instructors from Yoga Society of Kashmir to the audience. The Yoga Instructors highlighted the significance and benefits of Yoga in our daily life. The Yoga Session was presided by the Director of the Institute and was attended by the students and staff of the Institute.





The Yoga Instructors informed the audience about practicing Yoga and Pranayama practice and a practice session on Breathing and Stress Relieving Exercises as per CYP norms was conducted. The Instructors inspired the participating students and staff by their speech stating What is Yoga? When it started? Why it is done? and how it is done?. The participants were highly motivated to do Yoga Asanas regularly to keep themselves fit, healthy, calm and relaxed. The participants discussed their queries related to personal health issues and desired to know how to address these health issues through Yoga practices. The session was very encouraging and motivational. The practice ended with an extended Savasana to one's capacity.



Dr. S. K. Bukhari
Associate Dean
Students Activities & Sports
Coordinator,
International Yoga Day 2018,
NIT Srinagar.