

# Jaypee Institute of information Technology, Noida

## Brief Report on International Yoga Day

June 21, 2017

The dream of our Honourable Prime Minister Shri Narendra Modi Ji is to see world citizens lead a healthy life. The physical, mental, and spiritual health can be attained through practice of our ancient technique of performing Yoga. He called upon our fellow citizen to celebrate international yoga day on 21<sup>st</sup> of June every year. This day is revered as a day for yoga and people whole-heartedly participate in this initiative world over.

We at JIIT celebrated this day by organizing Special Yoga Session for members of faculty, staff, their dependents and students. Large number of them attended this session that was conducted by highly acclaimed facilitators under the leadership of Mrs. Bhupinder Kaur from Bhartiya Yoga Sansthan, New Delhi. The session began at 8:00 am with enchanting of OM and Gayatri mantra and ended with Shava Asana and Shanti mantra.

The session was well received by the participants. The memorable moment of this session was captured in the form of photographs.

