



भारतीय सूचना प्रौद्योगिकी संस्थान, नागपुर

Indian Institute of Information Technology, Nagpur

“An Institution of National Importance by an Act of Parliament”

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22nd June 2020

Action Taken Report on celebration of International Day of Yoga 2020 at IIIT, Nagpur

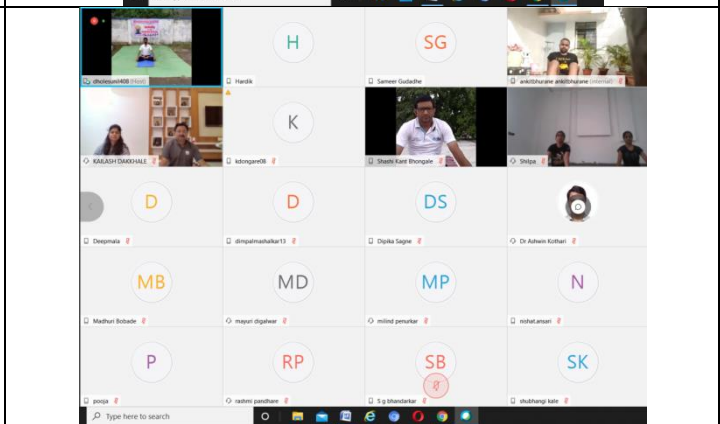
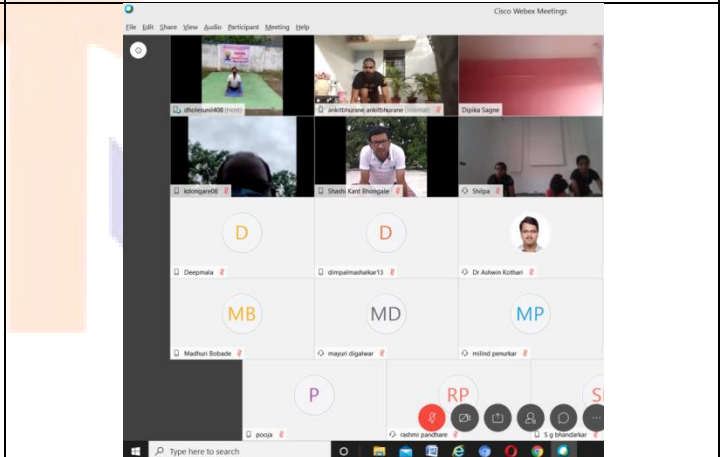
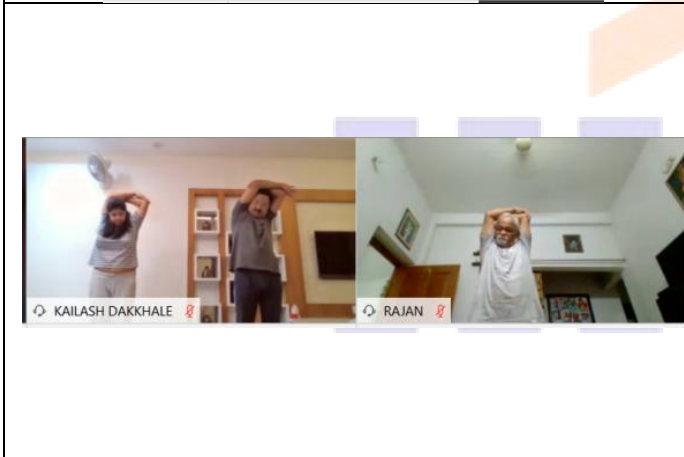
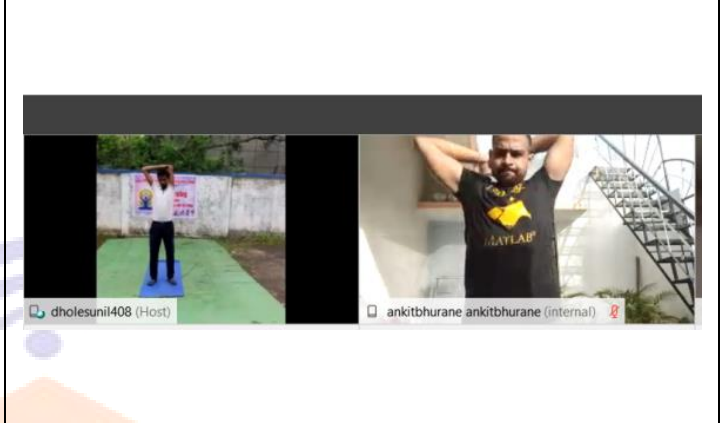
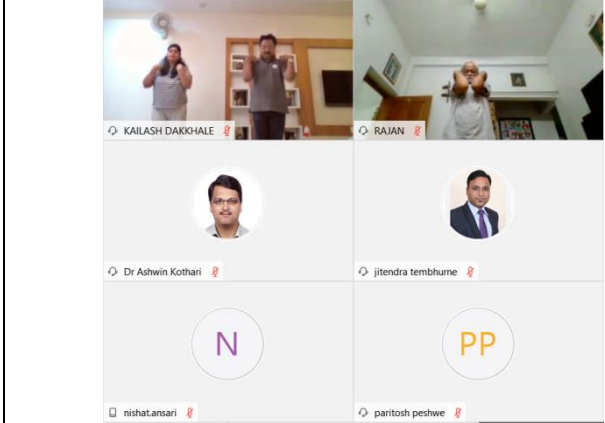
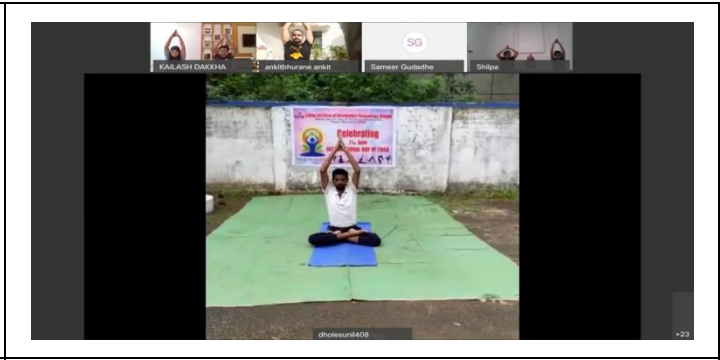
It is said that “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with oneself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.” Yoga is a mental, physical and spiritual practice that needs to be carried out every day by everyone.

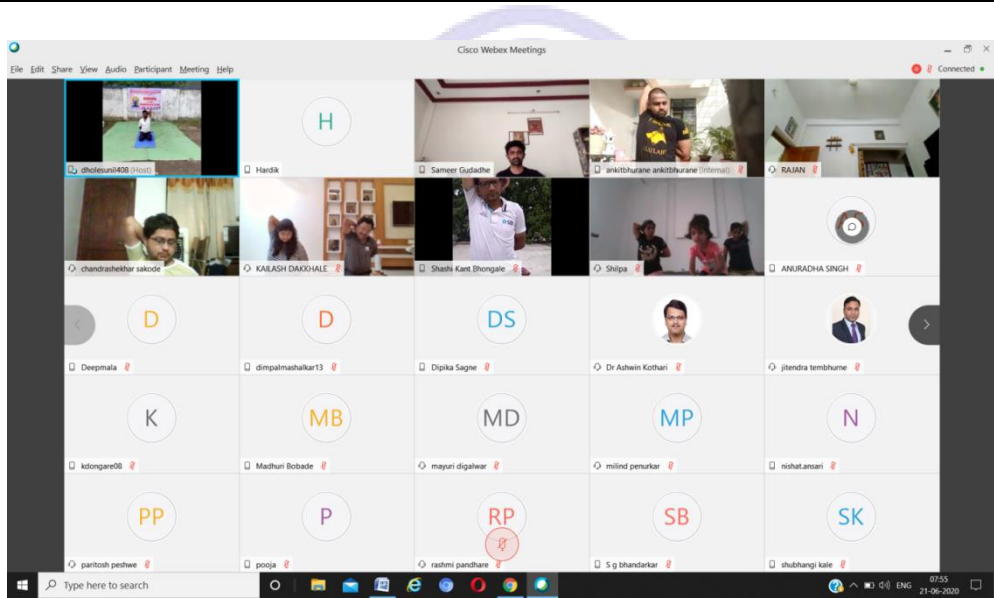
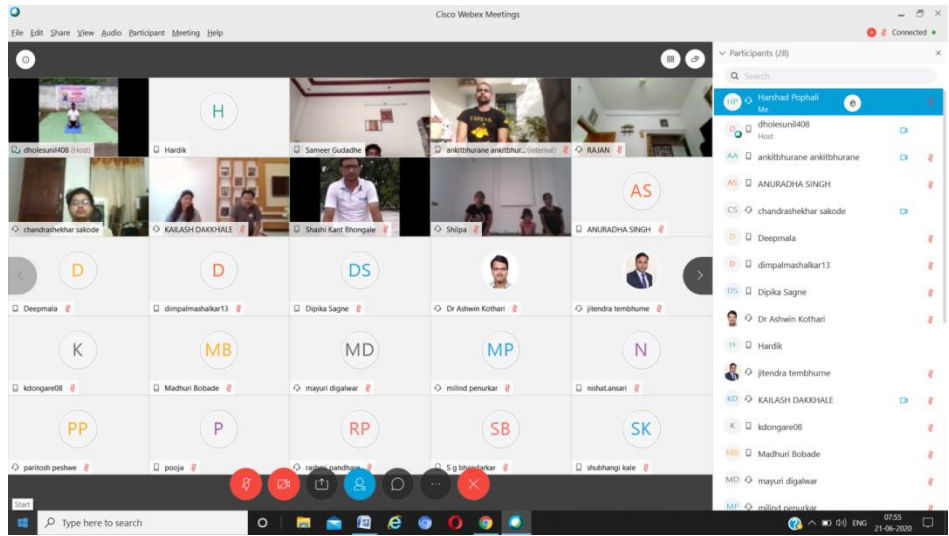
As per the directives of the Ministry of Human Resource Development, Government of India in view of the prevailing situation of COVID-19 Pandemic, IIIT, Nagpur had decided to encourage its Students, Faculties and Staff to pursue yoga from their homes. Accordingly, the Institute had arranged for Live Telecast of the Yoga Practice through its Physical Instructor viz. Shri Sunil Dhole. The Institute had widely circulated the details of Online Link and Password for joining the Live Online Yoga Session through Notice Boards and Website.

The Live Yoga Session was joined by Dr. Ashwin Kothari, I/c Dean, Shri Kailas N. Dakhale, I/c Registrar and also many faculties and staff of the Institute. All the participants performed yoga at their home. Different Asanas like Suryanamaskar, Tadasana, Vriukshashan, Pachimotanasana, Padmasana, Vajarasana, Paravatasana, Shavasana, Pawanmuktasana, Naukasana, Pranayamas were practiced. The Yoga & Sports Instructor briefed the participants about meditation and benefits of yoga.

The participants got the chance to know how yoga embodies unity of mind and body. The celebration of the International Yoga Day 2020 ended with performing Pranayama.

The screenshots providing the glimpse of the Online Yoga Activities undertaken at IIIT, Nagpur are provided below.





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