



National Institute of Technology Srinagar celebrates

6th International Yoga Day 2020

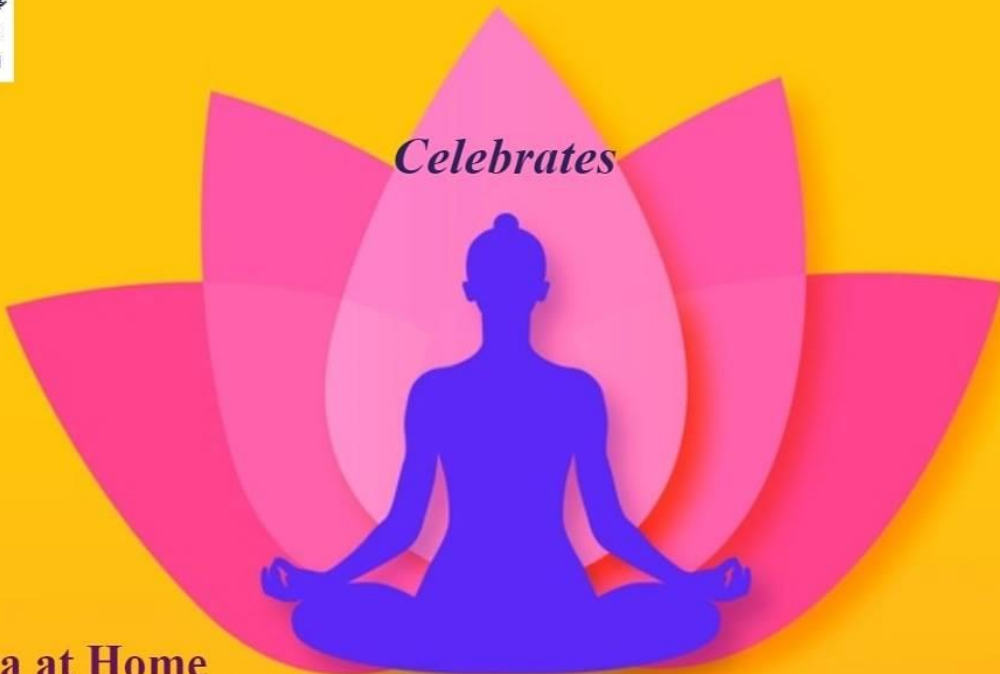
With the theme

Yoga at Home & Yoga with Family

NATIONAL INSTITUTE OF TECHNOLOGY SRINAGAR
Jammu-Kashmir



Celebrates






**Yoga at Home
&
Yoga with Family**

**INTERNATIONAL
YOGA
day**

Video to be out soon!!

21st June 2020

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National Institute of Technology Srinagar (J&K)

International Yoga Day is celebrated every year on 21 June to raise awareness worldwide about the benefits of Yoga in daily life. Yoga brings balance between body, soul and mind. It helps us to understand the purpose of life and how to survive in the changing environment. Amid COVID-19 pandemic, the celebration of the International Yoga Day 2020 will be at home with the family members. PM Narendra Modi urges people to make yoga a part of daily life as according to him peace and harmony are related to Yoga.



Yoga becomes extremely important to maintain the physical and mental well-being of an individual. Since 2015, the National Institute of Technology Srinagar has been celebrating International Yoga Day in the Campus on 21st June every year. Besides the marked date, the institute also conducts occasional sessions to promote Yoga and its benefits and provide a holistic model of development of their students to make them healthy as well as wise, and to inculcate among them the values and moral strength which can help them to overcome times of crisis in their lives.



This year, as the academic activities of the institutes will remain suspended, due to COVID19, the institute took a step so that the regular chain of the celebration of the International Yoga Day is unbroken. The institute asked its faculty members and students to practice Yoga under this year's theme: "Yoga at Home & Yoga with Family."

This year, the Director of the Institute practiced Yoga at his official residence and recorded a video to promote it among the NIT Srinagar fraternity. A short session by Dr. Yashwant Mehta, Associate Professor, MME Department has been recorded with details of some Asana and Pranayama which one can practice regularly. The institute is glad to receive an overwhelming response from the faculty members and the students and this showed that a lot of them had been regular practitioners of Yoga and our efforts to promote Yoga as a part of the lifestyle have been successful.



Students and faculty members from across the length and the breadth of the nation have sent pictures and videos of practicing Yoga by themselves and with their family members. Some of them have taken the next step and organized sessions in their neighborhood to promote Yoga among school-going children.

The pictures and videos have been compiled into a short video.

