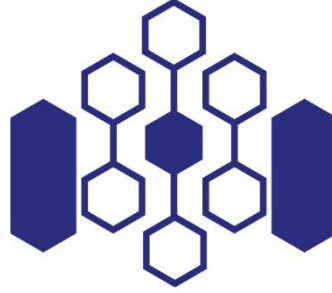


International Yoga Day,2020

To
Department of Higher Education
Ministry of Human Resource Development



Indian Institute of Information Technology Raichur
भारतीय सूचना प्रौद्योगिकी संस्थान रायचूर

Submitted by

Indian Institute of Information Technology Raichur

IIT Campus Sangareddy, Kandi-502285

Telangana, India

<https://www.iiitr.ac.in/>

21st January, 2020

International Yoga Day

Date: 21.06.2020

Time: 06:30AM to 07:50AM

During a pandemic like Corona, it is very important that one keeps a good immunity level and as one cannot step outside for exercises because of nation's lockdown, one should resort to some form of physical activity that can be performed indoors.

Yoga perfectly contributes to both the needs of the time and that's when it came to my mind that the Yoga sessions that were once conducted on campus before lockdown, should be continued online as well.

On account of International Yoga Day an online Yoga session was organized by our Ph.D scholar Ms. Sandhya CSR, LEVEL-2 Yoga Teacher certified by QCI-Ministry of Ayush, Govt of India.

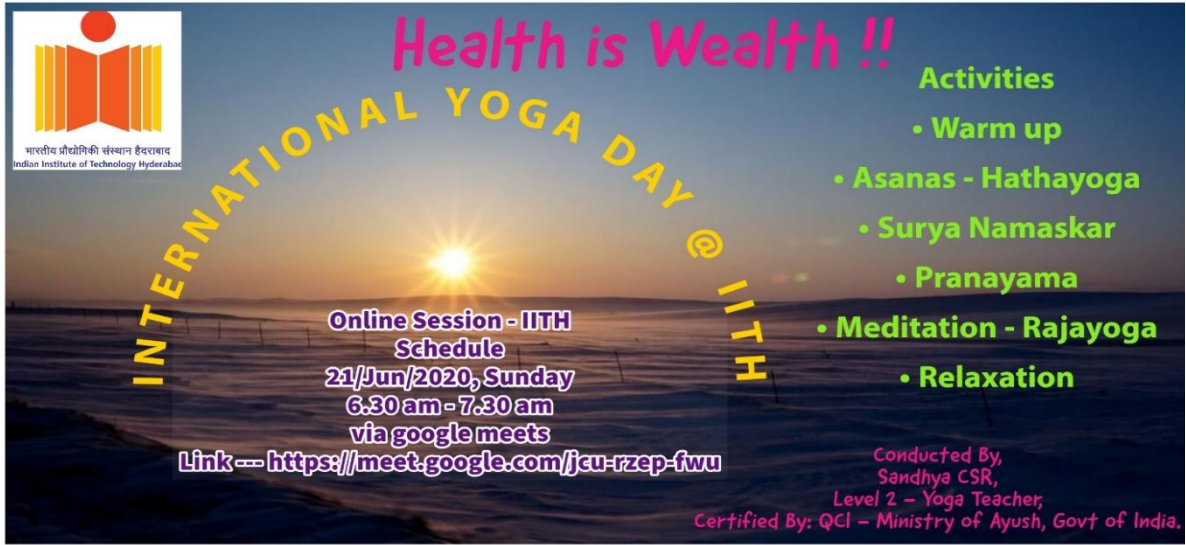
Following are the highlights of International Yoga Day:

- Opening speech by Director Sir, Prof B.S.Murthy on Yoga, its goal and its benefits of International Yoga Day.
- Speech by Dean Students, Prof. P. RajaLakshmi on online Yoga sessions @IITH

Itinerary for International Yoga Day online session:

- Warm up
- Surya Namaskar
- Asanas - Basic & Intermediary Levels - Hathayoga
- Pranayama
- Meditation - Rajayoga
- Relaxation

- Conclude by Ms. Sandhya with a vote of thanks and an appeal to all to include Yoga as part of regular lifestyle.



Health is Wealth !!

INTERNATIONAL YOGA DAY @ IITH

Activities

- Warm up
- Asanas - Hathayoga
- Surya Namaskar
- Pranayama
- Meditation - Rajayoga
- Relaxation

Online Session - IITH Schedule
 21/Jun/2020, Sunday
 6.30 am - 7.30 am
 via google meets

Link --- <https://meet.google.com/jcu-rzep-fwu>

Conducted By,
 Sandhya CSR,
 Level 2 - Yoga Teacher,
 Certified By: QCI - Ministry of Ayush, Govt of India.

