

National Institute of Technology, Tiruchirappalli-15 International Day of Yoga celebration – 2018 Brief Report

Jointly organized by Smart India Hardware Hackathon 2018 (SIHH-2018), NSS and NCC units of NIT, Trichy



National Institute of Technology, Tiruchirappalli (NITT), celebrated International Day of Yoga in the institute auditorium - BARN Hall on 21st June 2018. The institute organized a high reaching Yoga demonstration programme for the faculty, staff, students and residential members of NITT. Prior to International Day of Yoga, one-week Yoga classes were conducted which have been inaugurated on 19th June 2018.

On 21st June 2018 Dr. Mini Shaji Thomas, Director inaugurated the Yoga day celebration with lighting the lamp and She emphasized the importance of yoga for strengthening our mental and physical ability, increase the body flexibility and reduces stress. Later yoga session was held led by Prof. S. JAYAPRAKASH, President, World Community Service Centre, Trichy Zone. Different Asanas were demonstrated and practiced by all participants. The Director, NITT observed the International Day of Yoga celebration and also took part in the practical yoga session. About 150 delegates including The faculty, staff, students, Hackathon 2018 project team members, NSS and NCC volunteers and residential members of NITT participated in one-week Yoga classes and Yoga day celebrations.

On behalf of NSS, NCC and student's council of NIT, the NSS Coordinator Dr. V. Mariappan managed the events. NITT proposed to conduct regular Yoga classes throughout year for all students, staff and their family members and also planned to organize all India NIT Yoga Championship every year to encourage the yoga aspirants.















