

Indian Institute of Handloom Technology

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CELEBRATION OF 10th INTERNATIONAL DAY OF YOGA

On June 21st, 2024, Indian Institute of Handloom Technology, Jodhpur celebrated the 10th International Yoga Day with full of enthusiasm. The event attended by all the staff members along with their family members of this Institute, all of whom demonstrated a keen interest in this ancient practice. The objective of this year's celebration, themed “**Yoga for Harmony and Peace**” was to connect with a larger global community and promote the widespread adoption of yoga in every village in India and abroad.

The event commenced with a comprehensive introduction to Yoga Day by Sh. Vinod Kumar Vyas, Senior Faculty (TP). Following that, the guest of honor, Yoga Coach Smt. Neera Rai, were welcomed and introduced to the audience. The program kicked off with warm-up exercises, during which all faculty members actively participated. They guided through various sitting and standing asanas, with simultaneous explanations of their significance. The instructors emphasized the importance of incorporating yoga into daily life and maintaining harmony between the body and mind. The session lasted for over an hour, witnessing active participation and engagement from all attendees. The yoga instructors provided detailed explanations of each pose and offered guidance on precautions to taken. Undoubtedly, it proved to be a successful event.



The celebration concluded with a token of appreciation presented to the esteemed guests by Sh. B.L. Meena & Sh. B K Sharma. The felicitation acknowledged their valuable presence and support.

The event was executed flawlessly, leaving a lasting impact on all participants. Vote of thanks was delivered by Sh. Vikram Singh, Senior Lecturer (Textiles) expressing gratitude to all individuals who contributed to the success of the program.

The 10th International Yoga Day at Indian Institute of Handloom Technology, Jodhpur was an extraordinary event that brought together academic leaders, faculty members, and yoga enthusiasts. It successfully promoted the practice of yoga and its benefits, while also emphasizing its global significance. The event's success can be attributed to the meticulous planning, active participation, and the dedication of the organizing team. Indian Institute of Handloom Technology, Jodhpur's commitment to spreading the practice of yoga throughout the country was evident, and it's anticipated that this celebration will inspire more individuals to embrace yoga in their lives.
