

# Indian Institute of Handloom Technology

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## CELEBRATION OF 75 DAYS COUNTDOWN TO INTERNATIONAL YOGA DAY 2022 – 11.04.2022

International Yoga Day (IDY) is celebrated every year on the 21st of June. Today, on 11th April 2022, at IIHT Jodhpur, 75 days countdown to International Yoga Day (IDY 2022) was celebrated. Yoga, the ancient art of healthy living, intends to bring peace, harmony, happiness and success to every soul in the world. Yoga is a mental, physical and spiritual practice that needs to be carried out every day.



The students of Diploma in Handloom and Textile Technology with the staff members performed yoga between 7:00 am to 8:00 am, under the guidance of the Yoga Teacher. Students got the chance to know how yoga unites the body and body to bring harmony.



Different yoga postures like trikonaasana, bhadrasana, bhujangaasana, pranayam and meditation were practiced. Prayer was recited after the program. The event was conducted in the presence of Dr Sivagnanam K J, the Director of the Institute and officers.

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