

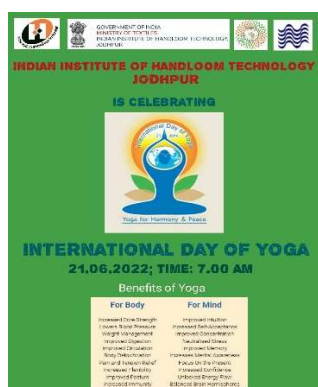
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CELEBRATION OF 8th INTERNATIONAL DAY FOR YOGA (IDY 2022)

International Yoga Day was celebrated at IIHT Jodhpur today (21.06.2022). 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 IDY at IIHT Jodhpur was celebrated in the presence of Dr Sivagnanam KJ, the Director of the Institute and officers. The students of Diploma in Handloom and Textile Technology with all the staff members performed yoga between 7:00 am to 8:00 am, under the guidance of the Yoga Teacher.



Yoga strengthens our body and improve our self-confidence. The participants got the chance to know how yoga unites the body, mind and soul.
