



## Celebrated “International Yoga Day” with the theme “Yoga for Humanity”



21<sup>st</sup> June 2022

The Indian Institute of Information Technology Manipur at Mantripukri, Imphal has celebrated the “International Yoga Day” with the theme “Yoga for Humanity” on 21<sup>st</sup> June 2022. Yoga expert Mr. Dixon Laishram, State Program Coordinator, Art of Living, Imphal has trained the participants. He expressed the need for real Yoga which balances the inner body and the physical world. He also expressed that only a balanced mind can bring the real concept of humanity through peace and harmony. Prof. Krishnan Baskar, Director of IIIT-Manipur, while speaking on this occasion emphasized that yoga can keep the mind and body, Peace and healthy. Yoga is beyond the religion and daily practice of yoga is essential for the young students to enhance their learning ability and productivity. Considering the enormous benefits of Yoga the institute is planning to introduce a credit based compulsory yoga course for all the undergraduate engineering programs offered at the institute. Dr. Kishorjit Singh, Coordinator and Dr. Kabita Thaoroijam Co-coordinator of the program along with faculty and students participated in the Yoga practice.



International Yoga Day Celebration at IIIT Manipur



Yoga Practice at IIITM