

As part of the celebrations of the International Yoga Day, following sessions were organized at Indian Institute of information Technology- Kota (IIIT-Kota) on June 21<sup>st</sup> 2017 from 9:00 AM to 11:00 AM for the faculty, staff members and students of the Institute.

- a) Demonstration of yoga from 9.00 AM to 10.00AM in cafeteria, (for 1 hour)
- b) snacks break (outside the neeti sabhagar conference room) from 10.00AM to 10.30AM
- c) Lecture on 'how to avoid stress in the present day circumstances' -- from 10.30AM to 11.00AM (in Neeti sabhagar conference room )

All the above sessions are held in the 2<sup>nd</sup> floor of prabha bhavan, IIIT-Kota campus and were conducted by the Yoga teacher Ms. Asha Poddar of 'Art of living foundation'.

During the demonstration of Yoga, following are done :

- a) Different **asanas such as Vakrasan, Bhujangasan, Mayurasan, Padmasan, Tadaasan, Savaasan, ---, etc were practiced.**
- b) Pranayam (like Kapaalbhati, Bhramari, Anulom-Vilom and other breathing exercises) were practiced.
- c) Eye exercises to increase eye vision.

Following the yoga demonstration and snacks, both the yoga teacher and the Mentor Director of IIIT-Kota (Prof. Udaykumar R. Yaragatti) talked about 'Stress management'.

Yoga teacher Ms. Asha Poddar emphasized on the following things during her lecture on 'Stress management' :

- a) Inner healing
- b) Art of living through Yoga
- c) Being happy by maintaining healthy lifestyle and healthy body
- d) Identifying your strengths and weaknesses and improving your strengths

Mentor Director of IIIT-Kota (Prof. Udaykumar R. Yaragatti) highlighted on the following points while talking about ‘Stress management’ :

- a) Importance of Indian culture and how yoga is originated in India 10,000 Years back
- b) Need of yoga in today’s modern era to be followed by the entire people of the world
- c) Imparting the greatness of India to the forthcoming generation
- d) Uniqueness of Indian unity

Approximately **40 participants** including **students, faculty and staff members of the Institute** (along with one kid of the faculty member) **enthusiastically** took part in the programme.

All the yoga sessions are organized by Dr. Kalpana Naidu, ECE faculty member of IIIT-Kota.

Selected photographs and videos of the **Yoga demonstration and Yoga lecture** sessions organized at IIIT-Kota: