

Report of the International Day of Yoga

Narula Institute of Technology commemorated International Day of Yoga on 21st June 2015 within the college premises. We took an initiative to organize demonstration of different yoga by a Yoga Practitioner at 11am on that day in the seminar hall. The program was highly successful as many interested faculty and students participated and learnt the significant usage of different Yoga. The expert also explained how yoga controls our metabolism and keeps us healthy. The principle meanings of Yoga were conveyed to the learners:

- Yoga as a disciplined method for attaining a goal.
- Yoga as techniques of controlling the body and the mind.
- Yoga as a name of one of the schools or systems of philosophy.
- Yoga in connection with other words, such as "hatha-, mantra-, and laya-," referring to traditions specializing in particular techniques of yoga.

