International Yoga Day Celebration - Invite

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness within you, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day." - PM Narendra Modi (during his address at UN General Assembly)

International Institute of Information Technology, I²IT, invites all students, faculty members and staff to celebrate INTERNATIONAL DAY OF YOGA on June 21 (Summer Solstice) at 08.00 am