இந்திய தகவல் தொழில்நுட்பக் கழகம் திருச்சிராப்பள்ளி
भारतीय सूचना प्रौद्योगिकी संस्थान, तिरुचिरापल्ली
INDIAN INSTITUTE OF INFORMATION TECHNOLOGY TIRUCHIRAPPALLI
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19.06.2020

International Yoga Day Celebration

Circular

IIIT Tiruchirappalli is planning to celebrate the International Yoga Day on 21.6.2020 from 7:00 AM to 8:00 AM. The students are advised to participate in the following Yoga activities through online.

- Directional movements
- Neck practices
- Yoga Namaskar
- Nadi Shuddhi
- Shambhavi Mudra
- Namaskar Process

In addition to this, a simple yogic process "Simha Kriya" which boost immunity and enhance lung capacity to fight against corona will also be practiced. Connect with us and learn these simple but powerful practices which will help you get good health, success and peace in your life.

Google Meet link: https://meet.google.com/pwy-aeju-asq

Click https://forms.gle/QqYELneD3KuEQQ2t9 to register for this event.

Note:

Students are advised to join the meeting by 6.30 am in empty stomach condition (can drink water) to do the practices.

Yoga Instructor

(Dr. N. Renugadevi)