



Indian Institute of Information Technology, Surat
भारतीय सूचना प्रौद्योगिकी संस्थान, सूरत
(Institute of National Importance under Act of Parliament)

Report on 9th International Yoga Day **21st June 2023**

The 9th International Yoga Day was celebrated in IIIT-Surat with the active participation of students and faculty members of the on 21st June 2023 with great eagerness and enthusiasm.

The theme for international Yoga Day 2023 was “**Yoga For Vasudhaiva Kutumbakam**” This year’s theme of international yoga day focussed on the effectively capturing our collective aspiration for 'One Earth, One Family, and One Future.

The function began with a brief introduction of Yoga Day by Mr. Rahul Patel. He explained that regular practice of Yoga will help the students achieve better mental and physical health. Dr. Shrimannarayana, Miss. Shraddha Patel & Mr. Rahul Patel demonstrated few warm up and simple Asanas. The students and faculty performed enthusiastically while the importance of these Asanas was explained simultaneously.

The program provided students that they should read ancient Indian texts like Patanjali Maharishi's 'AshtangYog' along with personality development books by well-known writers. They were encouraged to practice Yoga and meditation on a regular basis for a healthy body and mind.

Director Dr. J.S. Bhat encouraged the students and faculty to practice Yoga and meditation on a regular basis for a healthy body and mind.

The function ended with a vote of thanks by Mr. Rahul Patel followed by the National anthem.





The function was organized by Yoga Day program coordinators with the support of faculty and non-faculty members.

Mr. Rahul Patel
Dr. Srimannaryana
Ms. Shraddha Patel
Programme Coordinators
IIIT-Surat