

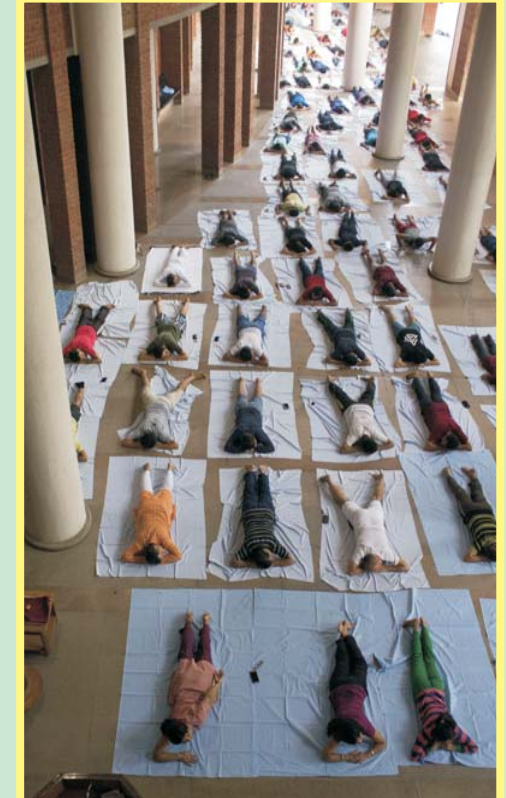
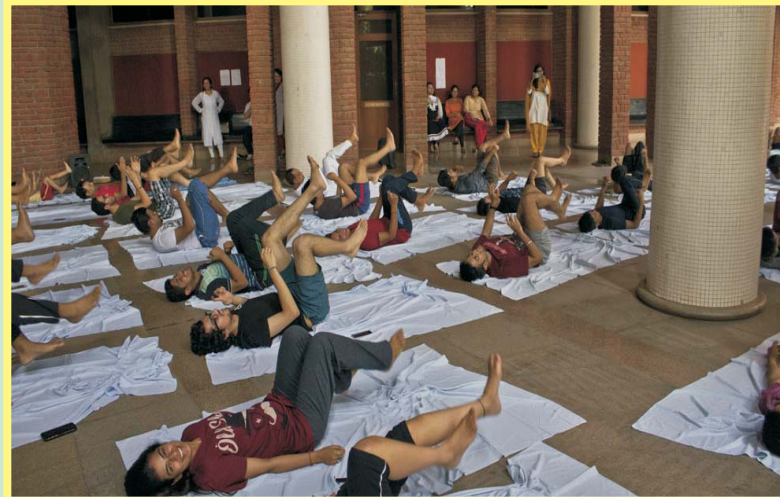
International Yoga Day Celebration : June 21, 2016



On the second International Yoga day, JIIT witnessed more than 150 intellectuals including the students, faculty and their family members, executives and staff members performing Yogas in sync with the Yog Gurus.

The event started with lamp lighting by esteemed **Yog Gurus Smt. Bhupinder Kaur, Smt. Swadesh Kumari , Sh. Ashok Goyal of Bhartiya Yog Sansthan.** Yoga Gurus explained the importance and benefits of Yog while performing different Yog ashan. All the participants did the steps taught by Yog Gurus with great spirit and joy.

The overwhelming response and the huge number of participants showcased our love towards Indian ancient art of physical and mental well being.



Jaypee Institute of Information Technology
A-10, Sector-62, Noida-201309 (U.P.)