



International Yoga Day Celebration at Apollo Institute of Technology, Kanpur



**EVENT: INTERNATIONAL YOGA
DAY CELEBRATION**

DATE: [21/06/2023]

**LOCATION: APOLLO INSTITUTE
OF TECHNOLOGY, KANPUR**

**ORGANIZERS: APOLLO INSTITUTE
OF TECHNOLOGY (AIT)**

**PARTICIPANTS: FACULTY, STAFF,
AND STUDENTS OF AIT**

Summary: The Apollo Institute of Technology in Kanpur celebrated International Yoga Day with great fervor and participation from the entire institute community. The event was organized to promote physical and mental well-being among the participants through various yoga asanas. The event was led by prominent figures from the institute, including Dr. Anil Yadav (Director, AIT), Dr. T. B. Singh (Principal), Mr. D. C. Yadav (AD-Admin), Mr. Yawer Hussain, and Mr. Vinaya Kumar.

Preparations: The preparations for the event began well in advance, with the organizing committee ensuring that mats and a serene environment were set up to create a conducive atmosphere for yoga practice.

Event Highlights: **Welcome Speeches:** The celebration commenced with welcoming speeches by Dr. Anil Yadav and Dr. T. B. Singh, both of whom emphasized the significance of yoga in maintaining physical and mental health.

Yoga Session: Mr. Vinaya Kumar, a renowned yoga instructor, took the lead and guided the participants through a series of yoga asanas, including Surya Namaskar, Tadasana, Vrikshasana, Bhujangasana, and Shavasana. The participants followed his instructions with enthusiasm, experiencing improved flexibility, strength, and mental clarity.

Words of Appreciation: Dr. Anil Yadav highlighted the importance of yoga in daily life and its role in achieving holistic well-being. Dr. T. B. Singh appreciated the organizing committee for their meticulous planning and execution of the event.

Acknowledgment: Mr. D. C. Yadav and Mr. Yawer Hussain (Registrar) also addressed the gathering, emphasizing the significance of yoga in maintaining a balanced and healthy lifestyle.

Conclusion: The International Yoga Day celebration at the Apollo Institute of Technology in Kanpur was a resounding success. It not only brought together the institute community but also left a lasting impact on all participants, promoting the importance of yoga in maintaining physical and mental well-being. The event underscored the commitment of AIT to fostering a healthy and balanced lifestyle among its members.

