

The LNM Institute of Information
Technology, Jaipur

YOGA DAY CELEBRATION

The Ninth International Yoga day was celebrated at The LNMIIT on 21st June 2023 at SAC. The event was inaugurated by our Director Sir Prof. Rahul Banerjee and Dr. Amit Neogi sir.

The yoga session was conducted by Yogacharya. Dr. Jitender Singh.

In yoga session, numerous asana's were demonstrated by Yogacharya Dr. Jitender Singh. Which was done by all the participants.

Such as -

- Asana- (Standing, sitting and laying down)
- Pranayama (Puraka, Rechaka, Kumbhaka, Kapalabhati Pranayama)
- Mudra
- Meditation
- Suryanamaskar

He also gave Yoga lessons on the following topics-

- Timings
- Appropriate dressing
- Importance of yoga

A poster making competition was also conducted in which students displayed their posters on Yoga.

We would like to thank all the faculty members, staff members and the student community for participating in the Yoga Day celebration and made it a success.

I would like to thank our Director Sir and Dean Sir for giving us this great opportunity to organize this event.

We are thankful to Yogacharya Dr. Jitender Singh. for giving us his valuable time.

(Dr. Raghuvver Singh)

Sports Officer
LNMIIT, Jaipur

















