



भारतीय प्रौद्योगिकी संस्थान इन्दौर
सिमरोल, खण्डवा रोड, इन्दौर, भारत - 453 552

Indian Institute of Technology Indore
Simrol, Khandwa Road, Indore, India - 453 552

IIT Indore

No. IITI/RO/13/2017/ 249

June 21, 2017

Shri. S. Shankar
Deputy Secretary (HE)
Ministry of Human Resource Development,
Department of Higher Education,
Technical Section- I, Shastri Bhawan,
New Delhi-110115

SUB: Celebration of International Day of Yoga at IIT Indore - 21 Jun 17

Dear Sir,

1. Kindly refer your email on International Day of Yoga, 2017 dated 14 June 2017.
2. The details sought are furnished below:-

Ser	Name of the Institute	Location	Programmes held	Whether all activities with Audio/ Video/ Photographs have been uploaded as per enclosed NIC's communication
(a)	Indian Institute of Technology	Simrol Campus, Khandwa Road, Indore, MP.	Dan Yoga, Gyan Yoga, Karma Yoga	Yes

3. The detailed report is placed at an enclosure.

Thanking you

Yours sincerely,

(RP Dwivedi)
Registrar

रामफल द्विवेदी
Ram Phal Dwivedi
कुलसचिव/Registrar

भारतीय प्रौद्योगिकी संस्थान, इन्दौर
Indian Institute of Technology, Indore

Encl: As above.

Copy to:

Shri. Kundan Nath
Under Secretary (IITs)
Ministry of Human Resource Development
Department of Higher Education
428-C, Shastri Bhawan
New Delhi-110011

INTERNATIONAL DAY OF YOGA – 21 JUN 17

1. The institute celebrated the International Day of Yoga with the motive to create awareness on the positive effects of Yoga on the health and mind of the people. The event was celebrated over three days commencing from 19 Jun to 21 Jun 17. The events were planned to draw the attention of the community towards Seva Yoga, Gyan Yoga and Karma Yoga. Due emphasis was given to replicate the thought, "Yoga is not just an exercise, it's a way of life", into practice. The details of the events conducted are furnished in the succeeding paragraphs.

2. **19 Jun 17.** The day commenced with 'Seva Yog', wherein the institute donated a computer lab facility to the Government Middle School, Simrol. The facility was inaugurated by Prof Pradeep Mathur, Director, IIT Indore. The facility is intended to provide computer knowledge to the tiny tots & budding generation of the local community and is a major progression towards improving the infrastructure of the School.



Inauguration of IT facility



Director explaining importance of internet



Students utilising the new IT facility



Team of IIT Indore & School

3. The sophomore event of the day focused on 'Gyan Yog' wherein a lecture by MK International Eye Bank was delivered on the awareness of eye & organ donation. The lecture was delivered by Mrs Uma Jhawar, Executive Director and attended by the students, staff and faculty. Emphasis was laid on the advantages of eye and organ donation and the lasting impact it leaves on the needy. The methodology employed in the donation procedure was the core of the lecture. The culmination of the lecture led to an interaction with many thought provoking ideas for enhancing the awareness and motivation of the people for organ donation, especially in rural areas.



Awareness program on Organ donation



Awareness program on Organ donation



Awareness program on Organ donation



Felicitation of Speaker by the Registrar

4. **20 Jun 17.** In the series of 'Gyan Yog', a workshop on Inner Engineering by Isha Foundation was conducted focusing on personal growth. The program laid emphasis on establishing the possibility to explore the higher dimensions of life and tools to engineer one's self through the inner science of yoga. Once given the tools to rejuvenate, people could optimize all aspects of health, inner growth and success. This

program also offered inputs for meaningful and fulfilling relationships at work, home, community and most importantly, within one's self.



Awareness program on Inner Engineering



Awareness program on Inner Engineering



Awareness program by Isha Foundation



Felicitation of Speaker by the Registrar

5. **21 Jun 17.** The International Yoga Day was conducted in the Institute with zeal and fervour targeting a participation of three generations. The Yog session was conducted by Kumari Rachna Jani, Jibanbrati karyakarta, Madhyapranta Sangathak, Vivekananda Kendra, Kanyakumari. Along with the asanas, awareness on the advantages of Yog was also communicated to the participants. The attainment of peace, positive attitude and exoneration of stress & negative thoughts through Yog formed the integral part of the event.



Conduct of Yoga



Conduct of Yoga



Third generation participant



Participants performing the Asanas



Participants performing the Asanas



Participants performing the Asanas



Participants performing the Asanas



Participants performing the Asanas



Conduct of Yoga



Felicitation by Prof NK Jain

6. It is pertinent to mention that consequent to the Government's initiative to conduct Yoga every year, the Yoga and Fitness Club, in its second year, has done a worthy job of spreading awareness and increasing participation of volunteers. The club, managed by PhD students of the institute, has also hosted a website on Yoga designed by Yash Krishan, B.Tech (CSE) student of the institute. A link has been provided at IITI website under 'NEWS' section.