



Indian Institute of Science Education and Research Mohali

भारतीय विज्ञान शिक्षा एवं अनुसंधान संस्थान मोहाली

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International Yoga day celebrated at IISER Mohali

Press Release (June 21, 2024)

IISER Mohali, June 21, 2024 — The Indian Institute of Science Education and Research (IISER) Mohali celebrated the 10th International Day of Yoga with great enthusiasm to foster strength, good health and wellness. The Director of the Institute, Registrar, Dean Students, IISER community members and the students attended the event. The event started with the lighting of a lamp by the Director. Speaking on the occasion he emphasized the importance of yoga in promoting overall wellness in life. He mentions the integral role of yoga in fostering a stress-free academic environment and in achieving a holistic well-being.

This year the event was well planned ahead of the yoga day. Two yoga camps each of 7 days were well organized in the month which concluded with the celebrations of the yoga day on 21st June 2024. In the camp, yoga sessions were led by experienced instructors inside the campus and two day sessions were conducted at Sukhna Lake Chandigarh. The participants were overwhelmed with these lakeside serene environment yoga sessions. The activities like run for yoga, cycling for yoga, quiz on yoga and poster making competition on yoga were organized. More than 200 participants enthusiastically participated in these activities.

Today's yoga day celebrations commenced with a serene yoga session led by experienced instructors, highlighting the importance of yoga in promoting physical and mental well-being. Participants engaged in various yoga asanas and breathing exercises, fostering a spirit of unity and harmony. The event also featured informative sessions on the benefits of yoga and its significance in maintaining a balanced lifestyle amidst academic rigor.

The event features a mesmerized song 'YOGDIN" sung by Mr. Kaushik D. P. which was written by Mr. Rajnikant Kansara of IISER community on Yoga day. In the end prizes were awarded to the winners of the quiz and poster competition in different categories. Thereafter, everyone enjoyed refreshments and concluded the event with a collective resolution to integrate yoga into daily routines, ensuring sustained health benefits for all.
