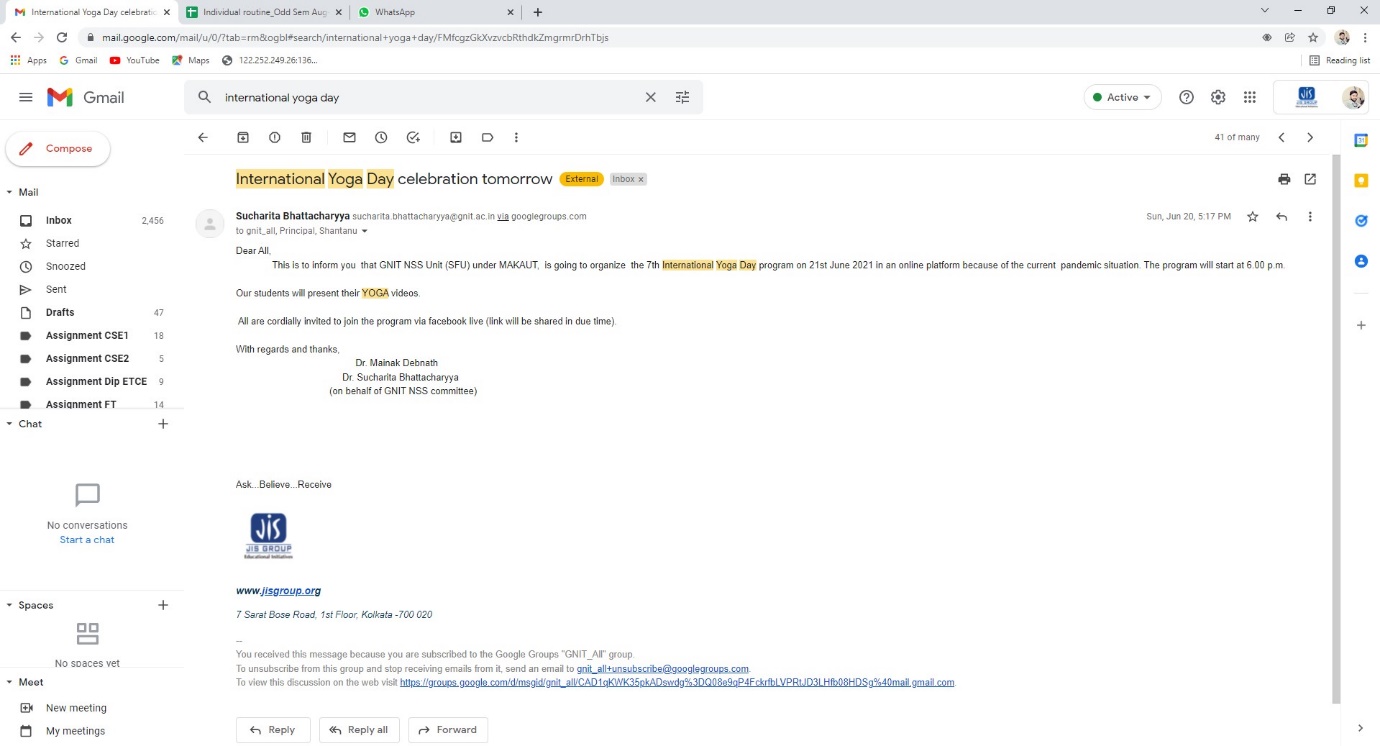
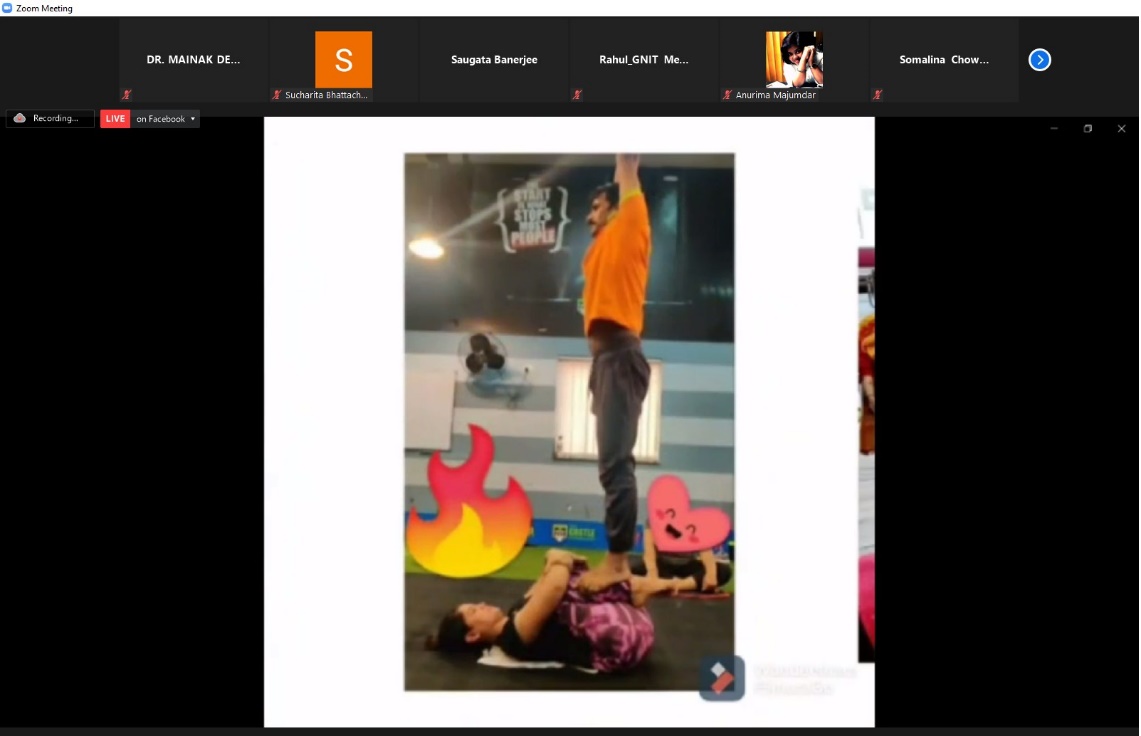
**Celebration of International Day of Yoga in online platform, 2021**

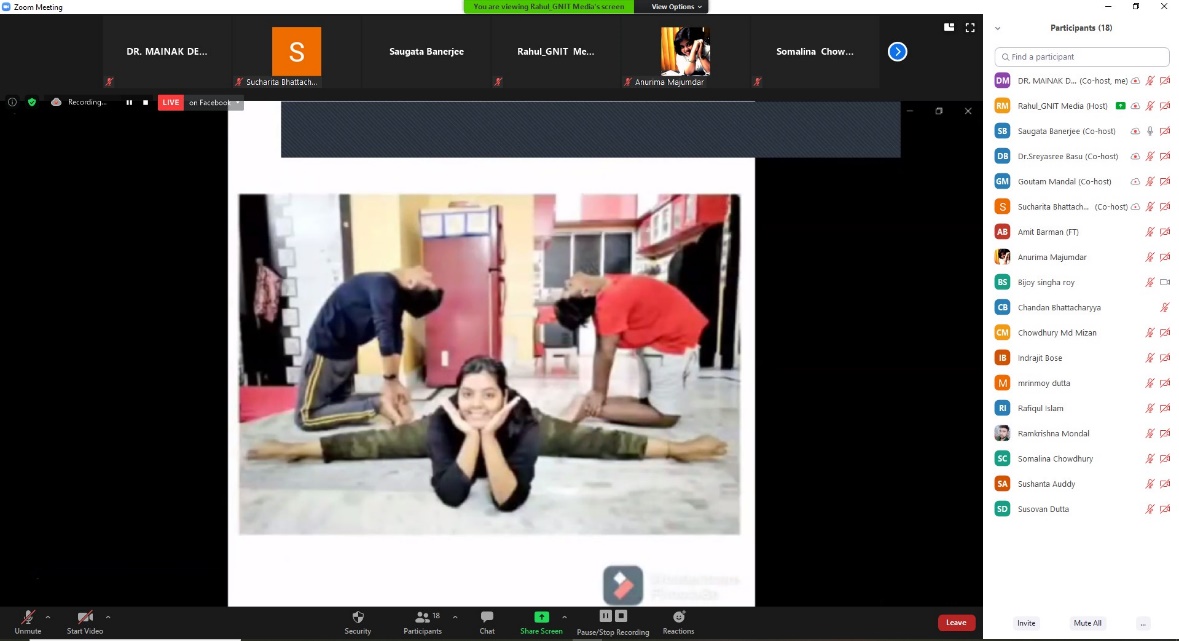
7th International Day of Yoga (IDY, 2021) was celebrated on 21st June 2021 in the virtual platform by GNIT NSS Unit (SFU) with much enthusiasm and encouragement. The theme of this celebration was **‘Be with Yoga, Be at Home!’**

The program started with the auspicious Lamp lighting ceremony followed by the welcome address by Prof. (Dr.) Santanu Kr. Sen, Principal, GNIT where he emphasized the importance of Yoga in this Pandemic situation by his illuminating words. A brief introduction about Yoga, our ancient culture was presented by Dr. Sucharita Bhattacharyya, Convener, GNIT NSS Unit and Dr. Mainak Debnath, Program Officer, GNIT NSS Unit. The Yoga Session was   facilitated by Mr. Bijoy Singha Roy, Yoga Instructor & District judge of West Bengal Yoga Association followed by spectacular demonstration by the students of GNIT highlighting the Mental and Physical fitness achieving ASANAS & MUDRAS. The program brought a strong motivation towards achieving a stress free and disease-free life through **‘Yoga: our ancient culture’** during this testing time and constrained life. The entire program went live on Facebook. No. of participants were more than 250 (considering students, faculty and staff members).

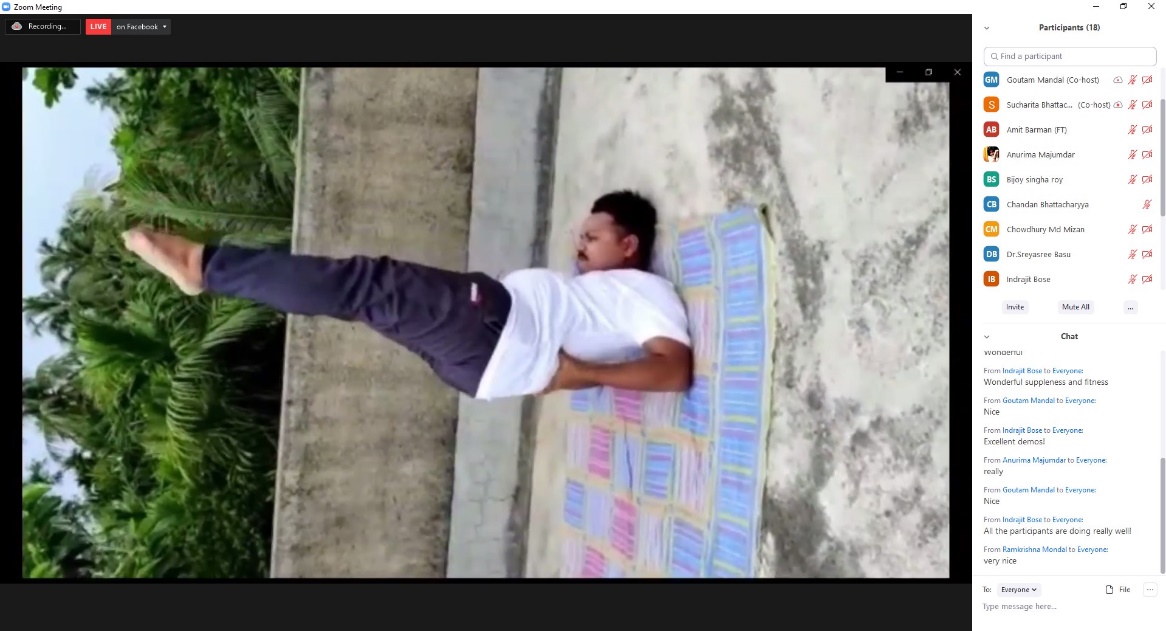


**Notice for Yoga Day celebration, 2021 in virtual platform**

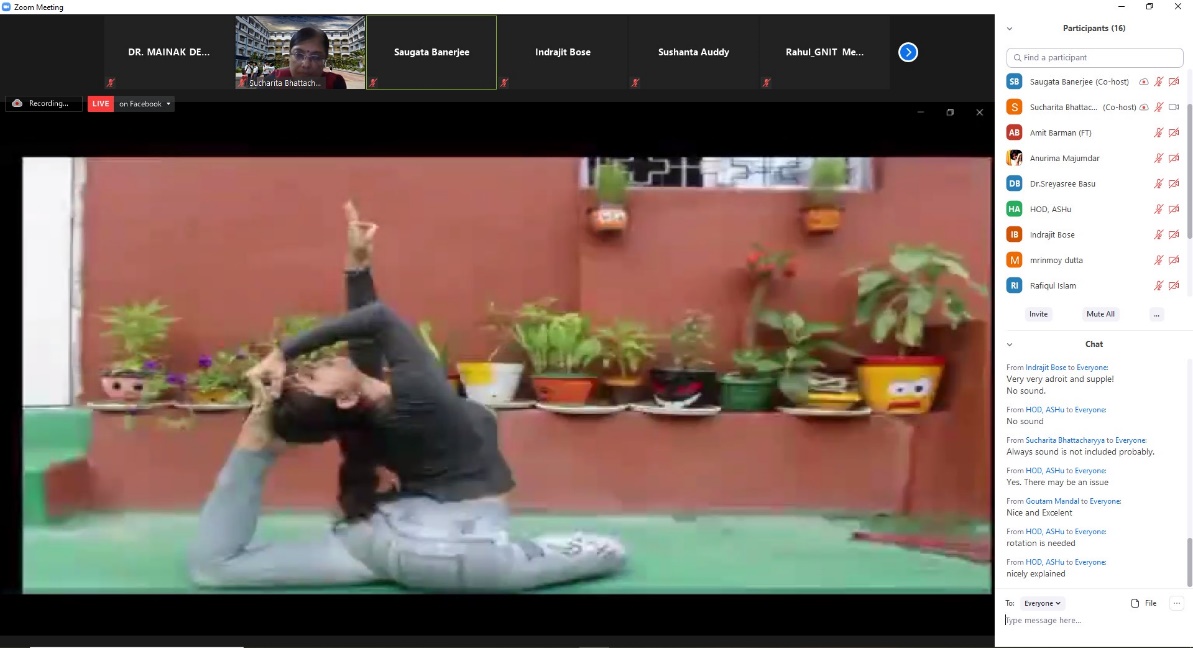












**Photographs of celebration of International Yoga Day, 2021 in virtual platform**