

INTERNATIONAL YOGA DAY CELEBRATION

By

HALDIA INSTITUTE OF TECHNOLOGY
Haldia, West Bengal

On 21st June, 2017

Haldia Institute of Technology celebrated the 3rd International Yoga Day in a befitting manner on 21.06.2017 at the Institute's Campus Yoga centre. Students, Faculty members and Non-Teaching Staff of Haldia Institute of Technology participated in this auspicious day by performing 'Yoga' to relax, restore and rejuvenate themselves. The attraction of the day was sharing of views about the benefits of 'Asanas' and 'Pranayam'.











THANK YOU