



Indian Institute of Technology Bhubaneswar

International Day of Yoga 2019

International Day of Yoga (IDY), referred to as **Yoga Day**, is celebrated annually on **21st June** since its inception in **2015**. An international day for yoga was declared unanimously by the **United Nations General Assembly (UNGA)**. Yoga is a physical, mental and spiritual practice originated in India. It is one of the divine gifts from India to the World. The date of **21st June** has its own significance in Indian tradition, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

Since **2015**, Indian Institute of Technology Bhubaneswar is celebrating International Day of Yoga with great enthusiasm. All students, faculties and staffs have participated in big number every year. In the august presence of our honourable Director, Prof. R. V. Raja Kumar, the IDY has been celebrated as a day of harmony and peace.

The institute will celebrate the International Day of Yoga this year as well on **June 21st 2019** at the administrative building of our permanent campus at Argul.

