

## **INSTITUTE OF INFRASTRUCTURE, TECHNOLOGY, RESEARCH AND MANAGEMENT**

### **YOGA CLASSES**

As has been correctly said that Yoga is for healthy mind and healthy body, IITRAM strongly believes that each student should be introduced to Yoga and its benefits. Therefore, for the Semester I students, under the Foundation Program 2016, the Institute organized yoga sessions. All the students enthusiastically took part in it. They learnt Asanas like Vrukshaasahana, Tadasana, Uttanasana, Dhanurasana, Kapalbhathi, Pranayam etc. they felt relaxed and energetic after each session. On demand from the students, the Institute has continued the practice and arrange regular Yoga Classes in their Hostel in the early morning session. An expert Yoga trainer is hired to train them methodically.