

Students, faculty at NITK in Surathkal perform demo

MANGALURU: The National Institute of Technology Karnataka, Surathkal, marked the 10th International Day of Yoga with enthusiasm. Under the guidance of renowned Yoga Guru Radhesh Mohandas, faculty, staff, and students came together for a special yoga session and mass demonstration on the NITK campus. Participants practiced various yogic postures and pranayama, emphasising the holistic benefits of yoga beyond physical asanas. As part of the International Yoga Day 2024 celebrations, NITK organised a Yoga camp from May 31 to June 14 open to all staff and students. Additionally, on June 18, a “30 Surya Namaskara in 30 Minutes” challenge took place at NITK Surathkal. During the event, Director-in-charge Prof. Laxminidhi emphasised how yoga is a timeless tradition that ancestors embraced in various aspects of life. He encouraged everyone to integrate yoga into their daily routines for a better well-being.



Faculty, staff and students perform Yoga at NITK in Surathkal | EXPRESS