



## **Publicity and Media Cell**

**Indian Institute of Engineering Science and Technology, Shibpur**

(Formerly Bengal Engineering & Science University, Shibpur)

**P.O :Botanic Garden, Howrah – 711 103, West Bengal, India**

**Telephone: (033) 2668-4561-63, 2668-0521-25, Fax: (033) 2668-0637**

**Webpage:** <https://www.iiests.ac.in>

**Date: 21<sup>st</sup> June 2025**

### **PRESS RELEASE-CELEBRATION OF INTERNATIONAL YOGA DAY** **AT IEST, SHIBPUR**

IEST Shibpur celebrated the 11<sup>th</sup> International Yoga Day on 21<sup>st</sup> June 2025 with great enthusiasm as part of the nationwide “Yoga Sangam” initiative. The event, held across over one lakh locations in India, witnessed active participation from the Institute community, promoting wellness, unity, and the holistic benefits of yoga.

The program commenced with the live telecast of the Hon’ble Prime Minister Shri Narendra Modi’s address, held at the Alumni Seminar Hall from 6:30 a.m. to 7:00 a.m. The Prime Minister highlighted the global significance of yoga in enhancing mental peace, physical health, and holistic well-being. In the backdrop of current global conflicts and rising stress across societies, he emphasized that yoga offers a path to inner harmony, resilience, and universal solidarity. He urged all citizens to embrace yoga as a daily discipline, reaffirming India’s ancient wisdom and its relevance in promoting global peace and collective healing.

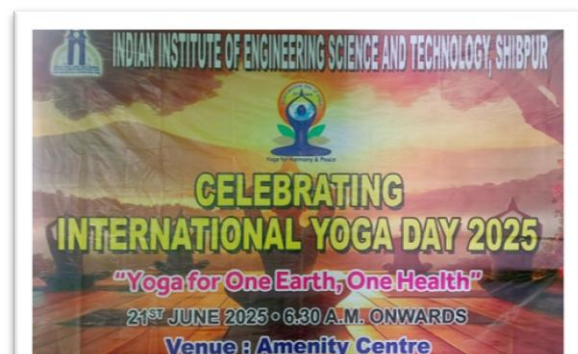
Following the Prime Minister’s address, participants gathered at the Students' Amenities Centre (SAC), where the celebration formally began with a warm welcome by Prof. Sudipta Mukhopadhyay, Dean of Student Welfare, and an inspiring message from Prof. Anirban Gupta, Director-in-Charge of the Institute. Their addresses emphasized the profound relevance of yoga in fostering inner balance, well-being, and holistic health in daily life.


A mass yoga session then followed, conducted across all three floors of the SAC in line with the Common Yoga Protocol (CYP). The session was led by the yoga instructor Smt. Kekarani Jana, assisted by two expert trainers. Participants engaged in a series of breathing exercises, fundamental asanas, and guided relaxation techniques that offered a refreshing and energizing start to the day.

The event saw enthusiastic participation from Deans, Associate Deans, Faculty members, Officers, Staff members, Research Scholars, and Students. Teachers and Students from B.E. College Model School (Primary and Secondary Sections), along with children from B.E. College Udayan Sab Peyechhir Asar, also took part, contributing to the inclusive and spirited atmosphere of the celebration.

The program concluded with a heartfelt vote of thanks delivered by Shri. Sandip Chattopadhyay, Physical Instructor of the Institute, expressed sincere gratitude to all dignitaries, participants, and organizers for their support in making the International Yoga Day celebration a meaningful and memorable occasion.

The entire IEST Shibpur fraternity came together to mark the spirit of wellness and unity through yoga. Attendance was recorded via a real-time QR code system, maintaining accuracy and ensuring smooth documentation of participation.



  
Dr Nirmalya Kumar Bhattacharyya  
Public Relation Officer  
IEST, Shibpur