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21ST JUNE SAW THE IIS AMPHITHEATRE BUZZING WITH IMMENSE ENERGY TO MATCH THE INTERNATIONAL YOGA DAY FERVOR. THE ENTHUSIASTIC IISIANS WERE ALL PRESENT TO CELEBRATE THIS DAY UNDER THE BANNER, “YOGA FOR ONE EARTH, ONE HEALTH” INITIATING WITH THE SURYA NAMASKAR. THE FACULTY WAS ONE STEP AHEAD FOR THEY VOLUNTEERED TO BE ONE ON ONE WITH THE STUDENTS. THE PRINCIPAL, NIDHI MISHRA MA’AM WELCOMED THIS ENERGY AND SPOKE ON THE SIGNIFICANCE OF HEALTH AND MINDFULNESS IN TODAY’S CHANGING SCENARIO.





