



Members of NIT-K performing yoga at NIT-K, Surathkal.

SPECIAL ARRANGEMENT

### **At NIT-K**

Students, staff and teachers at the National Institute of Technology - Karnataka, (NIT-K) Surathkal, performed yoga under the guidance of teacher Radhesh Mohandas.

Participants practiced

various yogic postures and pranayama, emphasising the holistic benefits of yoga beyond physical asanas.

The NIT-K on June 18 had organised a '30 Surya Namaskara in 30 Minutes' challenge recognising the importance of sun salutations in maintaining overall well-being.