

Yoga is priceless wealth of knowledge: Professor Bhasker



Raipur, Jun 21:

The 4th International Yoga Day was celebrated at IIM Raipur on Thursday morning with students, staff and faculty members gathered on the grounds of the institute to commemorate the day of good health and well-being. Director of IIM Raipur, Professor Bharat Bhasker led the celebrations along with the faculty

and renowned Yoga instructor Shambhu Gupta.

Speaking on the occasion, Prof. Bharat Bhasker enlightened students about the necessity of good health and good lifestyle practices in this dynamic and ever demanding world. He shared that yoga is a priceless wealth of knowledge that India has shared with the rest of the world. His address was followed by a speech on

● IIM Raipur celebrates International Yoga Day

'Why Yoga?' by the instructor Shambhu Gupta who too enlightened the students about therapeutic approaches and principles of Yoga.

He shared with the students the knowledge of various Yogasans and Pranayams and the benefits of yoga for achieving one's full potential. The knowledge sharing session was followed by the common yoga protocol which started with a yogic prayer and small speech about origin and history of Yoga. Various Yogasans like Sadilaja, ChaalanKriyas, Yogaasana, Kapaalabhati, Pranayama and Dhyana were performed by the IIM Raipur fraternity under supervision of Gupta. Special emphasis was given on the loosening exercises and asanas which are beneficial to overcome stress, stiffness, anxiety and improve concentration. The program concluded with the Sankalpa,

which is promise to be committed to oneself and attain the highest form of self-development followed by the chanting of Shanti Paath. In the essence the whole session was rejuvenating and refreshing for everyone from their daily activities.

JCC(J) spokesperson get threat over phone

Raipur, Jun 21: CJJ(J) spokesperson Nitin Bhansali lodged a written complaint at Devendra Nagar police station against an unknown accused who from mobile number 8085989891 is continuously threatening him of dire consequences. He added that for the last 19 years he is active in politics and social field and such type of call make him perplexed. He doubted of anti-social elements behind this act.