

IIM Raipur celebrates 4th International Yoga Day



IIM Raipur students performing the different exercises of yoga in an event held at institute premises on Thursday

—Pioneer photo

STAFF REPORTER ■ RAIPUR

IIM Raipur celebrated the 4th International Yoga Day on Thursday where 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.

Prof Bharat Bhasker's after-inauguration in his address, 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.

'Why Yoga?' on which a speech was given by instructor Shambhu Gupta. He told 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.

Various Yogasans like Sadilaja, ChaalanKriyas, Yogaasana: Kapaalabhati, Pranayama and Dhyana were performed by the IIM Raipur fraternity under supervision of Mr. 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.