

# IIM, Raipur celebrates International Yoga Day

■ Staff Reporter

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THE International Yoga Day was celebrated at IIM, Raipur on June 21, 2019 with great fervour and enthusiasm. Students, staff and faculty members all gathered together in the sprawling new campus at Atal Nagar to commemorate this day of good health and well-being.

Director of IIM-Raipur, Professor Bharat Bhasker initiated the celebrations along with the faculty and renowned Yoga instructor Shambhu Gupta. The marquee event commenced during the early hours of the day with Prof Bhasker's address. Prof Bhasker enlightened students about the necessity of good health and good lifestyle practices in this dynamic and ever demanding world. He stated that yoga is a priceless wealth of knowledge that India has shared with the rest of the world and encouraged the students to consistently practice the art of yoga thus promoting a



On the occasion of International Yoga Day, Yoga being practiced at IIM, Raipur

healthy lifestyle.

Various *Yogasans* like *Sadilaja*, *Chalan Kriyas*, *Yogaasana*, *Kapaalabhati*, *Pranayama* and *Dhyana* were performed by the IIM Raipur fraternity under supervision of Yoga instructor Shambhu Gupta. Special emphasis was placed on the loosening exercises and *aasanas* which are immensely beneficial to overcome stress, stiffness, anxiety and improve concentration.

These exercises prove to be increasingly relevant to modern day students.