

# IIM Raipur and IIT Bhilai jointly celebrated Yoga Day

**Raipur, Jun 21:**

On the occasion of International Yoga Day, the students, staff and faculty members of IIM Raipur gathered on the grounds of the institute to celebrate the day of good health and well-being. The event was jointly organized with IIT Bhilai. Prof. Bharat Bhasker, Director, IIM Raipur and Prof. Rajat Moona, Director, IIT Bhilai addressed the participants of the event and later joined them for performing yogasans.

The event began at 6:00 am, a fresh summer morning apt for yoga. After which Prof. Bharat Bhasker enlightened students about the necessity of good health and good lifestyle practices in this dynamic and ever demanding world. In his address, he shared that yoga is a priceless



wealth of knowledge that India has shared with the rest of the world. It unifies mind and body; thought and action; restraint and fulfillment.

His address was followed by a speech on 'Why Yoga?' by Ms. Siddhi Sharma of Patanjali Yog center, Raipur. She shared with the students the knowl-

edge of various yogasans and pranayams and the benefits of yoga for achieving one's full potential. She explained that practice of yoga leads to the union of an individual consciousness with the universal consciousness.

After the knowledge sharing session, the IIM Raipur

fraternity practiced a number of asanas, namely, Sadilaja, ChaalanKriyas, Loosening Practices, Yogaasana, Kapaalabhati, Pranayama, Dhyana (Meditation) under the expert guidance of Yoga Instructor Siddhi Sharma from PatanjaliYog Samiti, Raipur.