

Various educational institutes celebrate 8th International Day of Yoga



A group of participants performed yoga posture during the session at IIM Raipur.

IIM

INDIAN Institute of Management (IIM) Raipur in association with a yoga institute organised a session of yoga to mark the 8th International Yoga Day on Tuesday.

All faculty, staff and their family members, including children, and research scholars participated in the session and performed yoga during the event. Online live yoga session at zoom was also arranged for the students.

In his welcome address, the institute's Director Professor

Ram Kumar Kakani spoke about the importance of yoga and a healthy lifestyle. He also motivated the participants to make yoga a way of life.

On occasion, Professor Kakani also released the video on 'Yoga at IIM Raipur' prepared by the students. The yoga session concluded with the Sankalpa, which is a promise to be committed to oneself and attain the highest form of self-development.

Manjeet Sthapak, the yoga instructor, was felicitated by Professor R K Jana, Chairperson, Students' Affairs.

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