

IIT Bhubaneswar

Press Note

IIT Bhubaneswar celebrated the 4th International Day of Yoga

IIT Bhubaneswar celebrated the 4th International Day of Yoga on Thursday i.e. 21st June 2018 in its campus with grandeur. The Institute has been celebrating the Yoga Day ever since inception for the last four years, ever since inception and this year's celebrations received overwhelming participation. Students, faculty members, staff and their families, have enthusiastically participated in large numbers in making this event a success. In addition, school children of nearby villages like Khudupur, Kansapada and Podapada, which have been adopted by IIT Bhubaneswar, and students of Vigyan Jyoti programme in large numbers have also participated in the celebrations.

Preceding to the celebrations of final International Day of Yoga on 21st June-2018, practice sessions were held on 13th March, 2nd May and on 18th, 19th & 20th June, 2018, in order to acclimatize a body to yogic exercises and Yoga as per the protocol of the Ministry of Ayush, Govt. of India. Yogasanas, Kapalbhathi, Pranayama, Dhyana, Sankalp, and Meditation were imparted to all participants by the experts from Sri Sri Pandit Ravishankar University. About 180 participants gracefully embraced Yoga and pledged to start a new journey of awareness to health by participating in the initiative of IIT Bhubaneswar to promote International day of Yoga.

The final event presided by the Director Prof. R. V. Rajakumar on Thursday started with an enthralling practice session with his active participation. Prof. Rajakumar addressed the gathering and shared his own wisdom on how Yoga has helped him stay fit and has provided inner energy to lead a vibrant institute as a director. He also emphasized the importance of daily practice of Yoga that can enhance efficiency and hone the skills of multitasking in both professional and personal life. He said, "Yoga is an essential part of extra academic activity at IIT Bhubaneswar. On this occasion, Mr. Shyam Agarwal, Trainer and Faculty at The Art of Living Institute, delivered an expert talk on "Mind and its role in leading a healthy, peaceful and successful life". He also conducted a short session on meditation & breathing techniques.

The programme was coordinated by Dr. B. Hanumantha Rao, co-coordinator of the institute and arranged by Dr. S. S. Yadav, OSD Sports. Also participated were Prof. Peddireddi, Dean (SA) & Dr. Sankarshan Mohapatra, President Gymkhana.