



भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर
Indian Institute of Technology Bhubaneswar

Press Release

**IIT Bhubaneswar celebrates International Yoga Day with
Zeal and Enthusiasm**

Bhubaneswar, 21st June 2024: Indian Institute of Technology (IIT) Bhubaneswar celebrated the 10th Edition of International Yoga Day with great enthusiasm and fervor on June 21, 2024. The event was organized under the ambit of institute's extra academic activity (EAA) and healthcare units in association with the health club of the campus.

International Yoga Day is celebrated worldwide on June 21st every year to promote the physical, mental, and spiritual well-being of individuals and foster greater harmony and peace in society. This year, the theme for International Yoga Day was 'Yoga for Self and Society,' effectively encapsulating the efforts towards attaining holistic wellbeing of human society.

Dr. Suvendhu Das, a People Management Expert, Professional Trainer and Inspirational Speaker graced the International Yoga Day celebration as the Chief Guest and enlightened the audience about the role of yoga in self-awakening and social well-being.

At the outset, an array of yoga asanas (postures), pranayama (breathing exercises), and meditation techniques were performed under the guidance of yoga instructors, Mr. Ramkrishna and Ms. Jharna. Participants of various age groups actively engaged in the session, demonstrating their commitment to holistic well-being. The yoga instructors explained the significance and benefits of each asana, ensuring that the participants understood the essence of yoga beyond the physical aspect.

Among others, Prof. Shreepad Karmalkar, Director, IIT Bhubaneswar; Prof. Rajesh Roshan Dash, Dean-Student Affairs; Shri Bamadev Acharya, Registrar; Dr. Kodanda Ram Mangipudi, President, Student Gymkhana and other senior members of the institute were present on the occasion. Dr. Srinivasa Ramanujam Kannan, Professor-in-Charge (Extra Academic Activities) coordinated the programme.

The event saw an overwhelming response from students, faculty members, officers and staff, as well as members from the campus residents. The event not only reiterated IIT Bhubaneswar's commitment to nurturing the physical and mental well-being of its stakeholders but also showcased the institution's dedication to promoting traditional Indian practices for a healthier and happier society.

Prior to this, on 20th June, Niramay, the Health Club of IIT Bhubaneswar also organized a Yoga demonstration programme.
