



भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर Indian Institute of Technology Bhubaneswar

Press Release

IIT Bhubaneswar celebrates International Yoga Day with Zeal and Enthusiasm

Bhubaneswar, 21st June 2025: Indian Institute of Technology (IIT) Bhubaneswar celebrated the 11th Edition of International Yoga Day with great enthusiasm and fervor on 21st June 2025 and organised 'Yoga Sangam'. 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 One Earth, One Health'.

Prof. Ranjan Kumar Bal, Vice-Chancellor, ASBM University, Bhubaneswar, graced the International Yoga Day celebration as the Chief Guest and enlightened the audience about the significance of mental health and wellness. He also inspired the participants to realize strength of good food, sleep and self-discipline for wholesome development of body and mind, which leads to win-win situations in society.

At the outset, an array of yoga asanas (postures), pranayama (breathing exercises), and meditation techniques were performed under the guidance of yoga instructors. 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 and other senior members of the institute were present on the occasion. Dr. Santhoshkumar G. 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.
