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Yoga Day observed at IIT BBS

PNS ■ BHUBANESWAR

The sixth International Day of Yoga was observed in the IIT Bhubaneswar campus for three days Friday to Sunday.

Radiant Universal Leader Coach and IIT Madras Guest Faculty Arul Dev graced the yoga session as chief guest through online medium. Institute Director Prof RV Raja Kumar along with students, faculty, officers, staff and their family members actively participated in the event.

The theme for this year's International Yoga Day was 'Yoga at Home and Yoga with Family'.

The participants and yoga

teachers wearing masks assembled for the practice session amid social distancing. The entire event was live streamed through Microsoft teams. While many students participated from their hostels, many others joined from home from different States.

Arul Dev delivered a talk on "Inner Yoga - to be calm, creative and joyful" in day to day lives.

The programme was coordinated by Dr Srikant Golapudi and Dr Bankim Chandra Mandal. Student Gymkhana President Dr Sankarsan Mohapatro and Registrar Col (Dr) Subodh Kumar were present.