



Students and faculty members of SOA University observing International Yoga Day



Director of IIT Bhubaneswar performing a Yoga asana

# From Parks to Campuses

## Express Features

Joining rest of the world, residents and students in the City observed International Yoga Day on Friday. In all major parks of the City, Yoga sessions were conducted by various voluntary groups and enthusiasts.

Interestingly, a group of residents, aged above 40 years, participated in a special event at BJB Nagar Park. The event - Fitness after 40, was conducted by the School of Fitness. An extensive Yoga session was carried out by the participants under the supervision of their trainer, Abhiram Sahoo. The event continued for an hour and a half.

A number of asanas were practised. Some of the asanas that were performed by the participants included Sukhasana, Vrikshasana, Dhanurasana, Uttanasana and Dandasana.

Students and faculty members of SOA University observed the day with great enthusiasm.

Chief guest of the event, an eminent neuro-surgeon, Ashok Mohapatra, said Yoga is an accepted medium for the development of both mental and physical wellbeing of an individual. "Yoga, in fact, can be the instrument to bring about the wholesome growth of human beings and empower the society," he added.

"The global acceptance of Yoga as a passport to well-being should now galvanize every Indian household into locally adopting it as an essential component of daily life," said SOA Vice Chancellor, Amit Banerjee.

The programme was organized on the campus of the Institute of Technical Education and Research (ITER), SOA's faculty of engineering and technology. More than 250 NSS volunteers and 450 NCC cadets took part in the event.

SOA's Yoga Instructor Akhila Chandra Rana conducted the programme and led the participants in trying out a number of different postures including Ta-



dasana, Ardhakati Chakrasana, Bajrasana, Ushtrasana, Makarasana, Bhrujangasana, Saba-

sana etc. In another event, students of IIT Bhubaneswar also observed the day with great vigour. It was a three day programme which commenced on June 19 in the institute's Argul campus.

The celebration concluded on

June 21. As part of the celebrations, a Yoga teacher briefed the participants about the impact of Yogic exercises on the health of individuals and thereafter, hosted a long practice session.

The participants were introduced to Yogasanas, Kapalbhathi, Pranayama, Dhyna, Sankalpa and meditation.

The institute's director R V Raja Kumar addressed the gathering about the benefits of practising yoga in everyday life and highlighted the potential and benefits of customization to suit every individual.

He emphasized that Yoga is a great stress reliever for healthy rhythm of mental and physical activity. He stressed on the fact that yoga brings healthy rhythm in body and mind including thinking and explained how the daily practice perpetually benefits to reduce stress at work for a healthy body and mind. He shared his experience and wisdom about his decade long Yoga practice.