



IIT BBS holds 3-day programme on yoga

Saturday, 23 June 2019 | PNS | BHUBANESWAR



The 5th International Yoga Day was celebrated on Friday at the IIT Bhubaneswar with great enthusiasm. It was a three-day programme which commenced from June 19 at the institute's permanent campus.

Director Prof RV Raja Kumar with students, faculty, officers, staff and their family members actively participated in the event. The participants were introduced to Yogasanas, Kapalbhathi, Pranayama, Dhyna, Sankalpa and Meditation, as per the common protocol issued by Ministry of Ayush.

Prof Raja Kumar mentioned that at IIT Bhubaneswar, yoga has been made a compulsory part of the undergraduate programme.

Satya Ranjan Sahoo was chief guest of the event. Also present at the event were Registrar, IIT Col (Dr) Subodh Kumar. The programme was coordinated by Dr Srikant Gollapudi and Dr Bankim Chandra Mandal.