

(Business World)

International Day Of Yoga Celebrated At IIT Bhubaneswar

21st June, New Delhi:

IIT Bhubaneswar celebrated International Yoga Day at the campus.



The International Yoga Day was celebrated today for the fifth time at IIT Bhubaneswar with great enthusiasm and vigour. It was a three-day program which commenced from 19th June 2019 at the permanent Campus. R.V. Raja Kumar, Director, IIT Bhubaneswar with students, faculty, officers, staff and their family members actively participated in the event. The theme for this year's International Yoga Day is 'Yoga for Harmony, Peace and Progress'.

All the participants and Yoga teachers assembled in the earmarked area at 6:30 am itself so as to ensure that the practice session is conducted in the most conducive manner even for the novice participant. The Yoga teacher initially briefed about the essence of Yogic exercises on the health of individuals and thereafter, held a long practice session. The participants were introduced to Yogasanas, Kapalbhathi, Pranayama, Dhyana, Sankalpa and Meditation, as per the common protocol issued by Ministry of Ayush, Govt. of India.

R.V. Raja Kumar, Director, IIT Bhubaneswar addressed the gathering about the benefits of practicing yoga in everyday life and highlighted the potential and benefits of customization to

suit every individual. He mentioned that at IIT Bhubaneswar, Yoga has been made a compulsory part of the undergraduate program and emphasized that Yoga is a great stress reliever for the healthy rhythm of mental and physical activity.

Furthermore, 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 & wisdom about his decade's long Yoga practice.

Satya Ranjan Sahoo was the Chief Guest of the event and he gave an interesting talk during the session along with a practical live session on breathing techniques and meditation where the entire audience participated.

The Yoga session started with the systematic practice of different "ASANAS" of standing, sitting and laying positions (both lying on back and reverse) smoothly changing in succession under the instructions of Yoga teacher and supervision of trained volunteers. During the course of "Yogabhyas", the Yoga teacher also narrated the usefulness of different "Asanas" as a precautionary measure, in curing many diseases and the usefulness of Yoga in the overall wellbeing of a human being. The entire "YOGABHYAS" lasted for an hour and ended with a and Oath by all the participants that they will continue to practice Yoga for keeping their Body and mind in healthy, stress-free and cheerful condition.