

# Yoga Day: Road To Healthy Mind & Body Shown At Odisha Varsities

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Bhubaneswar: The 5th International Yoga Day was observed on Friday in city-based universities with the spirit of this year's theme 'Yoga for Harmony, Peace and Progress.

## **IIT Bhubaneswar**

International Yoga Day was celebrated for the three days from June 19 at IIT, Bhubaneswar.

Director Prof R.V. Raja Kumar, students, faculty, officers, staff and their family members participated in the event.

All the participants and Yoga teachers assembled at 6:30 am to ensure that the practice session is conducted in a conducive manner for novices. 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, Kapalbharti, Pranayama, Dhyana, Sankalpa and meditation, as per the common protocol issued by the Ministry of Ayush, Government of India.

Prof Kumar spoke about the benefits of practicing yoga in everyday life and highlighted the potential and benefits of customisation to suit every individual.

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

Yoga is a great stress reliever for healthy rhythm of mental and physical activity, he said. He explained how daily practice helps to reduce stress at work for a healthy body and mind.

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 the yoga teacher and supervision of trained volunteers.



#### **Siksha O Anusandhan University**

Yoga is an accepted medium for the development of both mental and physical well-being of an individual, said eminent neuro-surgeon, Prof Ashok Mahapatra.

"Yoga, in fact, can be the instrument to bring about a wholesome growth of the human being and empower the society," Prof Mahapatra said, while speaking as the chief guest at a programme organised to mark International Yoga Day at SOA Deemed to be University.

Prof Mahapatra, presently Director (Medical Programmes) at SOA, endorsed the practice of Yoga as beneficial for good health, that promotes long life and sharp mental acumen.

In a message, SOA Vice-Chancellor, Prof Amit Banerjee said, "The global acceptance of yoga as a passport to well-being should galvanise every Indian household into adopting it as an essential component of daily life."

The programme was organised in the campus of the Institute of Technical Education and Research (ITER), SOA's faculty of engineering and technology.

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More than 250 NSS volunteers and 450 NCC cadets took part.

SOA's yoga instructor, Akhila Chandra Rana conducted the programme and led the participants in trying out a number of different postures including Tadasana, Ardhakati Chakrasana, Bajrasana, Ushtrasana, Makarasana, Bhrujangasana, Sabasana etc.



#### **KIIT & KISS**

Students, teachers and staff celebrated the 'International Day of Yoga' at KIIT and KISS at the KIIT stadium.

KIIT and KISS Secretary, R.N. Dash and KIIT-DU VC Prof Hrushikesh Mohanty, Registrar Dr Sasmitarani Samanta and KISS-DU VC Prof Harekrushna Satapathy were present on the occasion and elaborated how yoga plays a significant role in day-to-day life to make people physically, mentally and spiritually healthy.

The staff members of KISS and KIIT did different types of yogasanas and pranayams.