



Yoga on the campus

On International Yoga Day, **The City Express** brings you how institutes and colleges in the City are popularising Yoga among students, faculty members

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Yoga is not just restricted to the parks and fitness centres. In Bhubaneswar, it has also made its way into classrooms of various institutes and colleges. In fact, some of the institutes have separate school for yoga or special courses. On International Yoga Day, we bring you how City institutes are popularising the practise of Yoga on the campus.

At IIT Bhubaneswar, Yoga has been made a compulsory part of the extra curricular activity for the undergraduate students. As per the institute's norm, the students must pass the extra curricular activity paper that includes Yoga too. Twice a week, students participate in practical sessions at the community centre in batches. They are also given theoretical training. According to the Institute's director, professor R V Raja Kumar, Yoga brings flexibility in thinking among students. "Yoga brings in a healthy rhythm of physical and mental activity among students," he added.

Though Yoga is yet to be included into the academic curriculum officially, some City institutes have separate department for the same, already. For instance, Siksha 'O' Anusandhan (SOA) University has a department for wellness and yoga. Instructor Akhil Chandra Rana trains students of various departments and streams in Yoga. "Students need to pass a compulsory paper on Yoga carry-



ing 50 marks. For Agriculture Department students, the training in Yoga is given for three months. Nursing students are required to research on Yoga. We also conduct sessions for faculty members and other students to de-stress them," Rana added.

Interestingly Yoga is also emerging as a course of study in the City. Students from various countries get themselves enrolled to the KIIT School of Yoga to pursue special courses in the subject. The institute offers Masters in Yoga as well as a diploma course. "This year, we are starting a special 200-hour Yoga course for working professionals in the City," said the head of the department, professor Gaganendu Das.

The City also has an institute for pursuing masters in Yoga, exclusively. Located at Goutam Nagar, Sivananda Yoga Vendanta Academy became functional in 2015. It was founded by a former IAS officer, Prasanta Kumar Pradhan from Deogarh district. The institute is affiliated to Utkal University of Culture. The institute offers Post Graduate Degree in Yoga (M.A. in Yoga) to students of all age. Any graduate, who had secured 40 per cent marks, can apply for the course.