

# IIM Raipur celebrates International Day of Yoga 2020

Raipur, Jun 21: The 6th International Yoga Day was celebrated at IIM Raipur on 21st June 2020. As per the notification received from the Ministry of Ayush, Govt of India faculty, staff, and students joined from their respective homes for doing a 45-minute long Common Yoga Protocol (CYP) drill at 7.00 AM.

The theme of the International Day of Yoga on "Yoga at Home and Yoga with family". It is the necessity of the current world good health and good lifestyle practices in this dynamic and ever-demanding world. Prof. Bharat Bhasker, the Director IIM Raipur appreciated the initiative taken by Prime Minister Narendra Modi and the Ministry of Ayush in this COVID 19 pandemic situation. He also participated



from his home in this International Yoga day from his homes.

Dr. Ishwar V Basavraddi, who was taking the online live session in Doordarshan told that yoga is a priceless wealth of knowledge. He also explained the approaches and principles of Yoga. He shared the knowledge of various Yogasans and Pranayams and the benefits of yoga for achieving one's full potential.

The knowledge session was followed by the common yoga protocol which started with details about the origin and history of

Yoga. Various Yogasans Kapealabhati, Pranayama, and Dhyana loosening exercises and asanas were performed by the IIM Raipur faculty and staff at their home under the guidance of live sessions on door darshan which is beneficial to overcome stress, stiffness, anxiety and improve concentration. Led by the Director himself, the session enjoyed active participation from the IIM Raipur faculty, staff, and students joining from their respective homes from all across the country.

The program concluded with the Sankalpa, which is promised to be committed to oneself and attain the highest form of self-development in essence the whole session was rejuvenating and refreshing for everyone from their daily activities.