

IIM Raipur concludes 15-day Yoga Training Workshop



Raipur, Apr 18: IIM Raipur organized a 15-day Yoga Training Workshop from April 01-15, 2022. The workshop is concluded on 15th April with a positive note and appreciation. All faculty, staff, and their family members, including kids, and research scholars, participated in the workshop with great enthusiasm.

Manju Jha and her entire team from the Mrityunjay Yoga Center, Raipur, took yoga sessions with great dedication. The 15-day program consisted of asanas, mudra, pranayam, mantras, and meditation. Special therapy sessions for diabetic and pancreas, thyroid, spinal, and reproductive health were also covered. These sessions helped the

participants make them aware of their health and the benefits of living a healthy lifestyle.

On the last day of the workshop, a valedictory session was organized. Participants shared their experiences and iterated the benefits of yoga they experienced during the sessions. Prof. Ram Kumar Kakani, Director IIM Raipur, felicitated Mrs. Jha and her team and said that the institute is looking forward to more such initiatives. Prof. R. K. Jana, Chairman, Student Affairs, delivered a vote of thanks. He thanked the Director, IIM Raipur Administration, IT support, and all the participants for their active involvement in making the workshop a grand success.