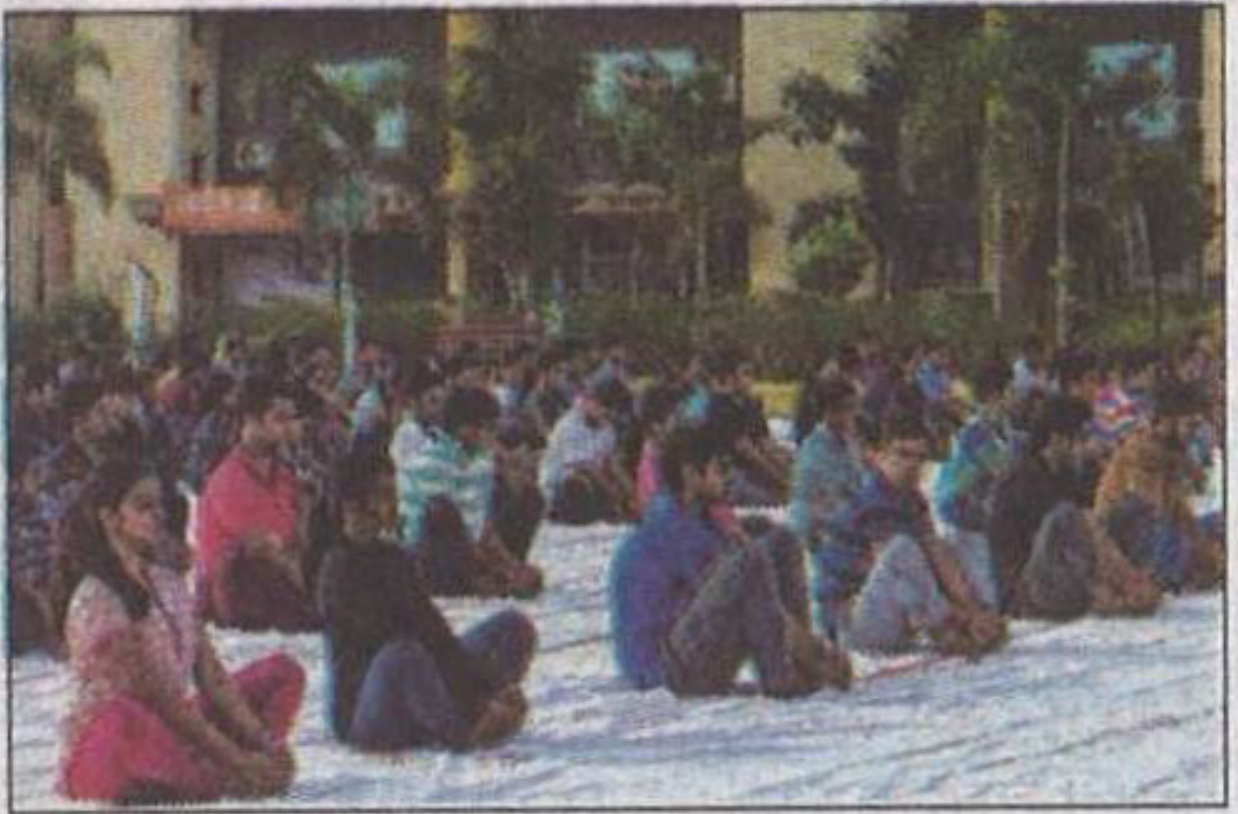


IIM Raipur, IIT Bhilai



ON the occasion of International Yoga Day, the students, staff and faculty members of IIM celebrated the day of good health and well-being. The event was jointly organised with IIT Bhilai. Professor Bharat Bhasker, Director, IIM Raipur and Professor Rajat Moona, Director, IIT Bhilai addressed the participants of the event and later joined them for performing yogasans.

The event began at 6:00 am, a fresh summer morning apt for yoga. The event began with lighting of an auspicious lamp. After which Professor Bharat Bhasker enlightened students about the necessity of good health and good lifestyle practices in this dynamic and ever demanding world. His address was followed by a speech on 'Why Yoga?' by Siddhi Sharma of Patanjali Yog center, Raipur. She shared with the students the knowledge of various yogasans and pranayams and the benefits of yoga for achieving one's full potential.

After the knowledge sharing session, the IIM Raipur fraternity practiced a number of asanas, namely, Sadilaja, ChaalanKriyas, Loosening Practices, Yogaasana, Kapaalabhati, Pranayama, Dhyana (Meditation) under the expert guidance of Yoga Instructor Ms. Siddhi Sharma from PatanjaliYogSamiti, Raipur. With a vow to incorporate yoga as a part of healthy lifestyle the students, staff and faculty of IIM Raipur ended the program on a healthy note.