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FOR A HEALTHY MIND AND BODY



IIM, IIT celebrate yoga: Students, staff and faculty members of IIM-Raipur gathered on grounds of the institute to celebrate the day of good health and well-being, which was jointly organized with IIT, Bhilai. Prof Bharat Bhasker, director, IIM Raipur and Prof Rajat Moona, director, IIT Bhilai addressed participants of the event and later joined them for yogasans.

The event began at 6 am following which Prof Bharat Bhasker spoke about the necessity of good health and lifestyle practice in dynamic and ever demanding world.

In his address, he said yoga is a priceless wealth of knowledge that India has shared with the rest of the world. It unifies mind and body, thought and action; restraint and fulfilment.

His address was followed by a speech on why yoga? by Siddhi Sharma of Patanjali yoga centre, Raipur.