

IIM Raipur hosts 'Yoga Training Workshop'



Participants performed an asanas of Yoga during the workshop.

■ **Staff Reporter**
RAIPUR, Apr 18

A 15-DAY long 'Yoga Training Workshop' recently concluded in Indian Institute of Management (IIM) Raipur. The workshop, which commenced on April 1, marked the active and enthusiastic participation of faculty members, staff and their family members (including kids) and research scholars.

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

sions 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 organised. Participants shared their experiences and iterated the benefits of yoga they experienced during the sessions.

Professor Ram Kumar Kakani, Director IIM Raipur, felicitated Jha and her team and said that the institute is looking forward to conducting such initiatives in future as well.

Professor 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.