

Report regarding the celebration of International Day of Yoga at NIT Raipur is as follows:

To celebrate the International Yoga Day, a three day yoga camp was organized in the institute from 19th June 2015 to 21st June 2015. The camp was attended by the students, faculty members and staff members of NIT Raipur with great passion. The three days camp focused on the asanas and pranayam techniques for improvement of physical health, mental concentration and mind and body harmony. The three day yoga camp culminated with celebration of International Yoga Day at NIT Raipur on 21st June 2015. On this occasion, the importance and benefits of Yoga were elaborated by the Yoga teachers of NIT Raipur. Dr. S. P. S. Matharu, HOD, Humanities department, Dr. Subhashish Sanyal, Dean - Research and Consultancy, and Prof. A. P. Rajimwale, Dean, Students Welfare, also emphasized upon the importance of yoga specifically for the students. Prof. Dr. Sudarshan Tiwary, Director, NIT Raipur stressed upon the need of yoga and meditation to keep the body and mind healthy. The programme was attended by all the stake holders of the Institute with enthusiasm and participants pledged to continue the practicing of asanas and meditation with perseverance to achieve the objective of wholesome health.

Various yogic exercises and asanas were demonstrated by the yoga teacher Prof. Dhananjay and Dr. Manju Shukla. The yogasanas were practiced by those who were present on the occasion. A film showing various yogic exercises and a power-point presentation was also shown to demonstrate the fundamental philosophy and intricacies of important yogic techniques.

Some photographs of the function are also being sent along with this report.

It is for kind information that the health, hygiene, yoga and value education are compulsory courses for students at NIT Raipur.



