

International Day of Yoga Celebration at NIT Raipur

21st June 2017

A Consolidated Report

The celebration of the International Day of Yoga at NIT Raipur started at 7:00 am. Under the supervision of the yoga faculty of our Institute, the program began with a prayer. Next, as per the Common Yoga Protocol, the practitioners were guided to perform joint-movement (Sandhi Chalan), various Asanas and Pranayam. The program closed at 8:00 AM with the chanting of Shanti Mantra and Sankalp.

After which, other activities were conducted by Health, Hygiene and Yoga (HHY) section at NIT Raipur. These are as follows:

- Presentation on “Brief introduction on Yoga and the achievements of HHY NIT Raipur” was delivered by Dr. Manju Shukla, Yoga Faculty NIT Raipur.
- Asana demonstration by yoga faculty-Mr. Suraj Nishad, Mrs. Manju Jha, Mr.Lomash Chandrakar.
- Showcasing videos of shuddhi kriyas (performed by students of NIT Raipur)
- Sharing of experiences by the practitioners of the 2-month long yoga camp conducted at NIT Raipur, at the end of the program.
- Motivational speeches by Dr. Samir Bajpai (HoD Dept of Humanities and Social Sciences), Dr. Prabhat Diwan, Dean Student Welfare and Director NIT Raipur Dr. Sudarshan Tiwari were delivered.

In addition to this, NIT Raipur also organized a two month yoga camp (morning-Yogasana practices and evening Meditation special) from 24 April 2017 to 21 June 2017. This camp was conducted under the supervision of the yoga faculty of the Department of Humanities Social Sciences of the Institute. Their names are: Dr. Manju Shukla, Shri Suraj Nishad, Mrs. Manju Jha and Shri Lomash Chandrakar.

Further, the Institute has been running a special course for the first year students on Health, Hygiene and Yoga for the last 13 years. The course has given tremendous results, both to the students and the staff of NIT Raipur.







