

Press Release

International Day of Yoga observed at IIM Jammu

21st June 2022 (Tuesday), Jammu: The International Day of Yoga (IDY) 2022-themed “*Yoga for Humanity*” and a part of ‘*Azadi ka Amrit Mahotsav*’ campaign to commemorate 75 years of Independence - was observed on 21st June 2022 (Tuesday) at IIM Jammu Canal Road Campus. The event commenced with the lighting of the lamp by Shri Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu and other faculty and staff, followed by Saraswati Vandana by the students.

The Yoga session started with the systematic practice of different “ASANAS” of standing, sitting, and lying positions under the instructions of the Yoga Instructor and supervision of trained volunteers. The instructor also mesmerized the participants with demonstration of some of the most difficult asanas. Yogic practice was followed by a Yoga Quiz wherein students, faculty members and staff participated enthusiastically.

Addressing the gathering on the occasion, Director emphasized the benefits of practicing yoga in everyday life and work. He mentioned that Yoga is a blessing in disguise, coming from the rich tradition and culture of Ancient India with Lord Shiva as Adi Yogi. He also remembered Maharishi Patanjali for taking the mantle of Yoga forward. He also expressed that Yoga is all about connecting to the mainstream and rising above caste, sect, creed, and religion. He reiterated that Yoga brings a healthy rhythm to body and mind and explained how the daily practice can transform an individual’s life. He credited the Hon’ble Prime Minister of India for popularizing the concept of Yoga across the globe by proposing the concept of International Day of Yoga during his speech at the United Nations General Assembly, on 27th September 2014. He also referred to Shri Baba Ramdev and his efforts for popularising Yoga among the people across the globe. He also expressed his wish that in case the 138 crores Indian population practices Yoga regularly, it will pave the path for a healthier and stronger nation.

He recalled the Inauguration of Anandam-Center of Happiness established at IIM Jammu which witnessed the gracious presence of Hon’ble Union Minister of Education, Govt. of India, Spiritual Guru Sri Sri Ravi Shankar and Shri Manoj Sinha, Lt. Governor of Union Territory of Jammu and Kashmir and expressed his deep gratitude to Spiritual Guru Sri Sri Ravi Shankar and Art of Living for inspiring him to practice yoga regularly. He urged the faculty, staff, and students to regularly practice Yoga for unlocking their infinite potential hidden within themselves. His speech ended with expressing thanks to the instructor yogi Sahil ji for his time and effort.

Yoga Guru Shri Sahil Mehra in his address encouraged all to adopt healthy lifestyle and practice yoga and meditation to achieve unification of mind, body, and soul. He shared his decade-long yoga practice and remembered his Late Yoga Guru Shri Sanjay Asimji. He also spoke about his research on Yoga and carrying forward legacy of his guru. He expressed his delight over the display of disciplined yoga practice during the event by IIM Jammu fraternity on the occasion.

The unique highlight of the International Day of Yoga (IDY) 2022 is the 15-day-long “*Yoga Shivir*” for all the students, faculty, and staff of the Institute.

The event concluded with the felicitation of the Yoga Guru Shri Sahilji by the Director by offering a plant sapling as a token of gratitude. The event was followed by the serving of healthy refreshments including Sprouts, Jaggery, Coconut water, and fruits to all participants in a traditional, eco-friendly leaf bowl made of “*Patta*” leaves, wooden spoons, paper straws, and serving of water through earthen pots and kullads.

The event was collectively coordinated by Dr. Pankaj. K. Agarwal, Associate Professor and Chairperson-Executive Education, IIM Jammu, Dr. Nitin Upadhyay, Chairperson-MBA and Associate Professor, IIM Jammu, Dr. Barnali Chaudhary, Chairperson-Student Affairs and Assistant Professor, IIM Jammu and Dr. Nageshwara Reddy Kondreddy, Co-Chairperson, Student Affairs and Assistant Professor, IIM Jammu. The event ended with the recital of the national anthem.

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Glimpses from the International Day of Yoga-21st June 2022 (IIM Jammu)





