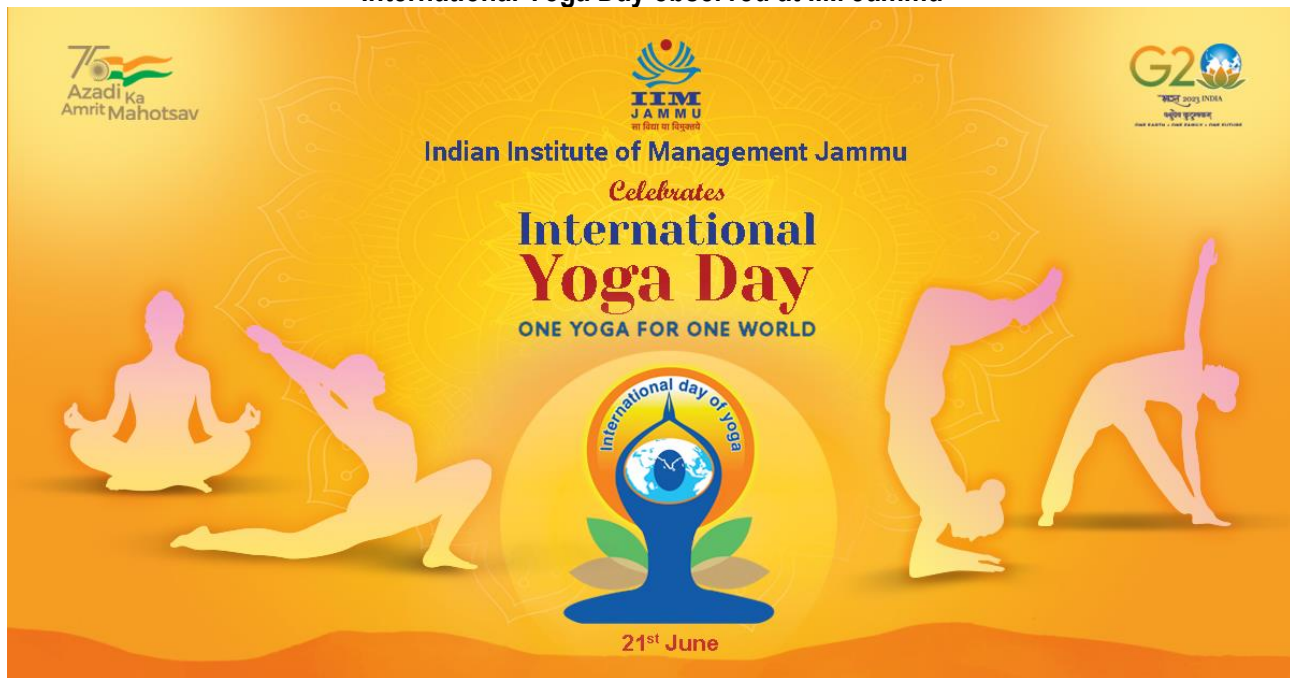


Press Release

International Yoga Day observed at IIM Jammu



21st June 2023 (Wednesday), Jammu: The International Yoga Day (IYD) 2023 was observed on 21st June 2023 (Tuesday) at IIM Jammu Canal Road Campus. The theme of yoga day 2023 is “*One Yoga for One World*” with the domestic tagline “*हर घर आंगन योग*”. The theme is focusing on the numerous benefits of yoga. Recognizing the importance of yoga, this year’s Yoga Day theme focuses on yoga for every home, institution, and locality. The event commenced with the lighting of the lamp by Chief Guest Shri Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu, Prof. Jabir Ali, Dean Academics, IIM Jammu, and other faculty, officers and staff and students 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 Guru and the supervision of trained volunteers. The Yoga Guru also mesmerized the participants with a demonstration of some of the most difficult asanas. The yogic practice was followed by a Yoga Quiz wherein students, faculty members, and staff participated enthusiastically.

Addressing the gathering on the occasion, Prof. B.S. Sahay, Director, IIM Jammu emphasized the benefits of practicing yoga in everyday life and work. He reiterated that Yoga brings a healthy rhythm to body and mind and explained how 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 mentioned that “*International Day of Yoga*” is observed annually on June 21st, and has become a global phenomenon, spreading its transformative benefits across the globe.

On this occasion, he recalled the Inauguration of, “*Anandam- Center of Happiness*” established at IIM Jammu which witnessed the gracious presence of Shri Ramesh Pokhriyal “Nishank”, Hon’ble Former Union Minister of Education, Govt. of India, Spiritual Guru Sri Sri Ravi Shankar, Art of Living and Shri Manoj Sinha, Lt. Governor of U.T. 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 the infinite potential hidden within themselves. His speech ended with expressing thanks to the Yoga Guru Sahil Ji for his dedication, time, and effort.

Chief Guest and Yoga Guru Shri Sahil Mehra in his address encouraged all to adopt a 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 the legacy of his guru. He expressed his delight over the display of disciplined yoga practice during the event by the IIM Jammu fraternity on the occasion.

The event received active participation from the faculty, officers, staff, and students at the Institute in large numbers. The event was followed with the felicitation of the Yoga Guru Shri Sahil ji by the Director by offering a plant sapling as a token of gratitude.

The event was graced by Prof. Jabir, Ali, Dean Academics, IIM Jammu, Dr. Ashish Kumar, Chairperson, Student Affairs, IIM Jammu, and Cmdr Kesavan Baskaran (R), Chief Administrative Officer, IIM Jammu.

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 a serving of water through earthen pots and kullads. The event was coordinated by Student Affairs Office, IIM Jammu. The event concluded with the National Anthem.

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Glimpses from the International Yoga Day 2023-21st June 2023















