

BANARAS HINDU UNIVERSITY
INSTITUTE OF MANAGEMENT STUDIES

International Yoga Day

21 June 2018

On the occasion of International Yoga Day, Institute of Management Studies- BHU conducted Yoga Program. The event started by paying tribute to Mahamana – Pt. Madan Mohan Malviya ji. The importance of Yoga and inception of Yoga Divas was discussed by the dignitaries. Honourable Director of IM BHU– Prof. Raj Kumar enlightened the participants on this special occasion and felicitated the esteemed guest – Mr. Vivek Kumar Rai for his gracious presence. Mr. Vivek Kumar Rai taught various yoga techniques to the participants.



Institute Director Prof. Raj Kumar (right) with Yoga Instructor Shri Vivek Kumar Rai.

It was concluded that 'International Yoga Day' is celebrated annually on 21st June since its inception in 2015. Yoga is a physical, mental and spiritual practice attributed mostly in India. The Indian Prime Minister – Sri Narendra Modi in his UN address, suggested the date of 21st June, as it is the longest day of the year in the northern hemisphere and shares special significance in many parts of the world. The day is declared as 'International Yoga Day' by United Nations General Assembly.

According to the ancient sage Patanjali, Yoga is the neutralization of ego directed feelings, because once these become stilled, the Yogi realizes that he is, and that he has always been with the infinite that is awareness of this reality was limited only by his infatuation with limitation. Most people in the western world think of Yoga as 'Hatha Yoga', but Yoga is primarily a spiritual discipline with its different types such as Karma Yoga, Bhakti Yoga, Gyan Yoga and Raja Yoga. Asana is only one aspect of multi-dimensional system that includes Pranayam and Meditation Technique. The benefits of Yoga are infinite and it has the potential to cure many diseases. Honorable Director – Prof. Rajkumar presented a memento to Mr. Vivek and the event ended with vote of thanks. . Prof. Deepak Barman, Prof. Usha Kiran Rai, Prof. S K Dubey, Dr. Amit Gautam, Dr. Shashi Srivastava, Dr. Anindita Chakraborty and Dr. Shantanu Saurabh were present in the event. The research scholars of the department actively participated in the event. Ms. Palima Pandey conducted the program.

A few photographs of the Yoga Day event:



