

IIM Tiruchirappalli celebrates 8th International Day of Yoga

The Indian Institute of Management Tiruchirappalli celebrated the 8th International Day of Yoga on 21st June 2022.

As yoga improves strength, balance and flexibility, and connects you with supportive community, the Institute observed International Yoga for a week and arranged classes for all its staff to provide retreat and chaotic busy lives.

The Institute Practiced a typical yoga protocol for a week-long program as part of the observance of International yoga day, which included a program briefing for the institute's students and staff on the importance of Yoga experts. The institute invited Yoga experts that hold Yoga-related lectures, workshops, activities, and competitions among students and staff to promote the incorporation of Yoga into daily life.

Yoga charts and standees with details from the Yoga portal have been displayed inside the Institute premises. The staff and students were encouraged to participate in the online activities and competitions held by the Ministry of Ayush through the MyGov portal. They were also encouraged to participate in live/online discourses with prominent Yoga Gurus for insightful discussions and to download mobile applications such as Y-break for the workplace and M-Yoga and Namaste Yoga for yoga practices and activities.

The Institute has procured several books on yoga activity for the Institute library as said by Thiruvalluvar

கற்க கசடறக் கற்பவை கற்றபின் நிற்க அதற்குத் தக. | குறள் எண் – 391

Learn that you may full and faultless learning gain,
Then in obedience meet to lessons learnt remain.

To practice what they learnt the Institute has provided the community a space for practice on the panchavati garden created at the premises near Administrative Block and students hostel for improved health and well-being of the staff and students.

The Institute will publish the celebrations of Yoga Day and other Yoga-related activities in the Annual Report. It also plans to create permanent yoga facilities for yoga practice inside the institute premises to conduct long-term activities related to Yoga.