

 <p>ज्ञानम् अमृतम् IIM TRICHY</p>	<p>भारतीय प्रबन्धन संस्थान तिरुचिरापल्ली Indian Institute of Management Tiruchirappalli (An Autonomous Institute Under Ministry of Education 'Shiksha Mantralaya', Government of India) Tiruchirappalli – 62024, Tamil Nadu, INDIA</p>	<p>IIM TIRUCHIRAPPALLI ME IA Press Release June 21, 2025</p>
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IIM Tiruchirappalli marked the International Day of Yoga 2025 with an invigorating early morning community yoga session on campus. Faculty, staff, and students joined to participate in a guided yoga practice, embracing the spirit of wellness and mindfulness that the day embodies.

The session aimed to promote physical and mental well-being, encouraging participants to find balance amidst their academic and professional commitments. Following the session, Dr Pawan Kumar Singh, Director of IIM Tiruchirappalli, addressed the gathering. He emphasized the relevance of yoga in everyday life and underscored the importance of integrating practices such as focus, discipline, and self-awareness into one's personal and professional journey.

The observance reaffirmed the institute's commitment to a holistic education that nurtures intellectual growth and overall well-being.

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