

International Yoga Day held at Srusti Academy of Management

on 21.06.2020



Srusti Academy of Management celebrated International Yoga Day 2020 with this year's theme "Yoga at Home and Yoga with Family" on 21st June'2020 from 9 A.M-10.00A.M through online. The programme was attended by 70 faculty members and staffs. Prof.(Dr.) Susanta Kumar Das, Principal gave the inaugural address and briefed about the importance of practicing yoga in daily lives for curing of all diseases. Prof.(Dr.) Ranjan Kumar Bal, Chief Mentor advised everyone to spare atleast one hour for yoga and meditation for improving concentration and maintaining balance in daily lives. Dr. Sushil Kumar Pattnaik, Reader in Music, RD Women's University & YRC Coordinator, BBSR region was the resource person of this programme who took various yoga sessions and explained about yogic philosophy and importance of Rajayoga. He made the participants aware about different asanas including pranayam, anulom vilom, kapalvati, suryanamaskar, exercise



of neck, shoulder and joints, clapping of hands, etc, and stressed for regular practice. According to him, persons with physical and mental well-being are the most happiest person on this earth. Er. Saroj Kumar Sahoo, Chairman made everyone aware about the importance of prayer and pranayam for reactivating our nervous system and rejuvenating our energy level. In this busy life, yoga will help in controlling our mind and infuse positive values among us so that, we can overcome all the challenges in our life. According to him, yoga is the passport to health assurance so we all must do it in order to stay fit and active. Prof. Parsuram Mishra, YRC Coordinator emphasized yoga to be a way of life and not just an exercise followed by vote of thanks at the end.
