Report: Celebration of 3rd International Yoga Day on 21st June 2017

As part of worldwide celebration of 3rd International Yoga Day on 21st June 2017, PDPM IIITDM Jabalpur has also celebrated this day on June 21, 2017 in its campus. Yoga session of around forty minutes was organized in which students, faculty, officers and staff took part enthusiastically and practiced various '*asanas*' of Yoga and *pranayama*. A Yoga practitioner was invited to demonstrate various Yoga postures and explain correct way of doing *asanas*

(Yoga session held on 21st June 2017 in PDPM IIITDM Jabalpur)

Yoga session was started with chanting of '*Pranay Mantra OM'* followed by *Sookshma Vyayam, Vajrasana, Tadasana, Vrikshashana, Surya Namaskar, Nadi Shodhan Pranayama and Bhramaree Pranayama.* Members present in the session expressed their experiences and stated that they were feeling relaxed, refreshed and calm after the session.

Concluding ceremony of the Yoga day was held at 11:00 a.m. in Ideation Studio of the LHTC building of the Campus. a lecture by Dr. Sushil Mishra, International Yoga Speaker on **"Adhunik Parivesh main Yog avam Adhyatm ki Aavashyakta** has also been delivered. During the yoga session, Prof Pramod Kumar Jain Director of the Institute, Dean Research Dr Puneet Tandon, Dean Student Dr Prashant Kumar Jain, Dean Academics Dr Prabin Kumar Padhy, and Acting Registrar Mrs. Swapnali D Gadekar were also presented. The concluding session was attended by faculty members, officers, staff and students.

Six days (16-21 June 2017) Yoga camp at PDPM IIITDM Jabalpur

To mark the celebration of 3rd International Day of Yoga-2017, a yoga shivir in association with Vihangam Yog Sansthan, Branch Jabalpur was also organized at PDPM IIITDM Jabalpur from 16-06-2017 to 21-06-2017 under the mentorship of Mr Jairam Singh, the chief Yoga Teacher from the yog Sansthan.