

7th International Yoga Day Celebration at ICFAI University Raipur, June 21st, 2021

The ICFAI University Raipur observed 7th International Yoga Day on 21st June 2021 at its Kumhari located Campus. Shri Nitin Sharma, Director at Youth Samadhan Foundation, who was invited as the Yoga Trainer for the day. The faculty members and staff started yoga at 9:00 AM and performed various yoga postures for more than one hour. Shri Nitin demonstrated various Yoga Asana and Pranayama. The practice started with a Prayer and 32 Asana along with different pranayama has been practiced by all.

Honorable Vice Chancellor before proceeding to Yoga practice said that the Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being.

Vice chancellor specially thanked the Yoga trainer Shri Nitin Sharma, who acted as demonstrators of Yoga and for leading the session. The Vice-Chancellor sir thanked to all faculty members and staff for their participation. The program lasted for about an hour with the sprouts distribution.