

IIM TIRUCHIRAPPALLI CELEBRATED INTERNATIONAL YOGA DAY

The Indian Institute of Management Tiruchirappalli commemorated International Yoga Day on June 20th and 21st, 2024, with enlightening sessions conducted by Yoga experts. On the morning of June 21, 2024, all the families inside the campus had their yoga session at Panchavati Garden, conducted by Ms. Sangeetha Guruswamy from Heartfulness Meditation Centre. The faculty, staff, and students participated in the two-day event aimed at enhancing their physical, mental, and spiritual well-being.

Esteemed guests Ms. Charulatha and Ms. Bhooma Madhavan from Krishnamacharya Yoga Mandiram, Chennai, along with the Director, Dr. Pawan Kumar Singh, and the Dean of Academics, Prof. V. Gopal, graced the event on June 21, 2024. The ceremony began with an invocation song. Ms. Charulatha and Ms. Bhooma Madhavan led the main session, starting with a prayer to Patanjali, the sage credited with giving the world the Yoga Shastra. Ms. Bhooma Madhavan detailed Patanjali's contributions to Yoga and Ayurveda, emphasizing the importance of his teachings for overall well-being. She explained the symbolism in Patanjali's representation, which includes a human body with the lower part as a snake, symbolizing the removal of obstacles and the clearing of the path to progress.

Ms. Charulatha described Yoga as an 'Anubhava Shastra,' rooted in experience. She stressed the practical and philosophical aspects of Yoga that lead to personal transformation. Their presentation covered the eight steps of Yoga, with a particular focus on the mind as the central subject. Ms. Charulatha shared insights into Yoga's relevance in today's world, illustrating its adaptability for various groups, including homemakers, children, the elderly, and the sick. Furthermore, she emphasized the transformative impact seen in Krishnamacharya's students and the necessity of Yoga practice tailored to each person's unique physiological and psychological needs. The session concluded with a pranayama practice, emphasizing breath as the vehicle of life, in which all attendees participated.

Dr. Pawan Kumar Singh, the Director, presented a special address, reflecting on the meaningful names of the chief guests and relating them to the teachings of the Bhagavad Gita. Dr. Singh highlighted the importance of maintaining equanimity in both success and failure, referencing various Upanishads and the Bhagavad Gita. He concluded by advising the audience to adopt a humble approach.

Prof. V. Gopal, in his Welcome Address, highlighted the deep connection between Tiruchirappalli and Yoga. He referenced the historical temple housing the Samadhi of the creator of Yoga, emphasizing the city's historical, spiritual, and cultural significance. Prof. Gopal also briefly elaborated on the disciples of Krishnamacharya and noted that Yoga comprises multiple elements aimed at achieving complete well-being.

The Director presented mementos to the esteemed guests, and the ceremony concluded with a rendition of the National Anthem.