

## Press-Release

### International Yoga Day

The Chandragupt Institute of Management Patna (CIMP) celebrated the International Day of *Yoga* on 21 June 2023 with enthusiastic participation from students, faculty, and staff members. Prof. (Dr.) Santosh Kumar began the event by enlightening the audience about the significance of *Yogic* exercises on individual health. He then conducted a session demonstrating various "*Asanas*." The faculty, students, and staff wholeheartedly engaged in the session, eagerly acquainting themselves with the practice of yoga and its exercises.

During the session, the participants were introduced to a range of yogic practices, including *Yoga Asanas*, *Kapalbhati*, *Pranayama*, *Dhyana*, *Sankalpa*, and Meditation. These exercises aim to promote physical and mental well-being and foster a sense of balance and harmony.

Addressing the gathering, Prof. (Dr.) Rana Singh, the Director of CIMP, emphasized the profound benefits of practicing yoga in everyday life. He highlighted the versatility of yoga, emphasising its potential for customisation to suit individual needs and preferences. He actively joined the session and participated alongside other attendees.



