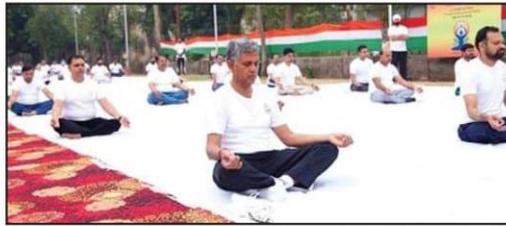


Wednesday 22<sup>nd</sup> June 2022

## IIM Jammu celebrates International Yoga Day



Prof. B.S. Sahay, Director, IIM Jammu leading the staff to perform Yoga at Jammu on Tuesday.

### GJ REPORT

**JAMMU, JUN 21:** The International Day of Yoga (IDY) 2022-themed "Yoga for Humanity" and a part of 'Azadi ka Amrit Mahotsav' campaign to commemorate 75 years of Independence was celebrated at IIM Jammu Canal Road Campus.

The event commenced with the lighting of the lamp by Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu and other faculty and staff, followed by Saraswati Vandana by the students.

The Yoga session started with the systematic practice of different "Asanas" of standing, sitting, and lying positions under the instructions of the Yoga Instructor and supervision of trained volunteers.

The instructor also mesmerized the participants with demonstration of some

of the most difficult asanas. Yogic practice was followed by a Yoga Quiz wherein students, faculty members and staff participated enthusiastically.

Addressing the gathering on the occasion, Director emphasized the benefits of practicing yoga in everyday life and work. He mentioned that Yoga is a blessing in disguise, coming from the rich tradition and culture of Ancient India with Lord Shiva as Adi Yogi. He also remembered Maharishi Patanjali for taking the mantle of Yoga forward. He also expressed that Yoga is all about connecting to the mainstream and rising above caste, sect, creed, and religion. He reiterated that Yoga brings a healthy rhythm to body and mind and explained how the daily practice can transform an individual's life. He credited the Prime Minister of India for popularizing the

concept of Yoga across the globe by proposing the concept of International Day of Yoga during his speech at the United Nations General Assembly, on 27th September 2014. He also referred to Baba Ramdev and his efforts for popularising Yoga among the people across the globe.

He also expressed his wish that in case the 138 crores Indian population practices Yoga regularly, it will pave the path for a healthier and stronger nation.

He recalled the inauguration of Anandam-Center of Happiness established at IIM Jammu which witnessed the gracious presence of Union Minister of Education, Govt. of India, Spiritual Guru Sri Sri Ravi Shankar and Manoj Sinha, Lt. Governor of Union Territory of Jammu and Kashmir and expressed his deep gratitude to Spiritual Guru Sri Sri Ravi Shankar and Art of Living for inspiring him to practice yoga regularly.

He urged the faculty, staff, and students to regularly practice Yoga for unlocking their infinite potential hidden within themselves. His speech ended with expressing thanks to the instructor yogi Sahil for his time and effort.

22<sup>nd</sup> June 2022

## 8th International Day for Yoga celebrated

The International Day of Yoga (IDY) 2022-themed 'Yoga for Humanity' was observed on Tuesday at **IIM Jammu, Canal Road Campus** as a part of 'Azadi ka Amrit Mahotsav'. The event commenced with lighting of lamp by Sahil Mehra, Yoga Guru in the



*Director IIM Jammu, Prof B S Sahay & others performing Yoga.*

presence of Prof B S Sahay, Director, IIM Jammu and other faculty and staff. The event was collectively coordinated by Dr Pankaj K Agarwal, Associate Professor and Chairperson-Executive Education, Dr Nitin Upadhyay, Chairperson-MBA, Dr Barnali Chaudhary, Chairperson-Student Affairs and Dr Nageshwara Reddy Kondreddy, Co-Chairperson, Student Affairs.

## 8th Int'l Day of Yoga observed at IIM Jammu

**NL Correspondent  
Jammu, June 21**

The International Day of Yoga (IDY) 2022-themed "Yoga for Humanity" and a part of 'Azadi Ka Amrit Mahotsav' campaign to commemorate 75 years of Independence - was observed on 21st June 2022 (Tuesday) at IIM Jammu Canal Road Campus. The event commenced with the lighting of the lamp by Shri Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu and other faculty and staff, followed by Saraswati Vandana by the students.

The Yoga session started with the systematic practice of different "ASANAS" of standing, sitting, and lying positions under the instructions of the Yoga Instructor and supervision of trained volunteers. The instructor also mesmerized the participants with demonstration of some of the most difficult asanas. Yogic practice was followed by a Yoga Quiz wherein students, faculty members and staff participated enthusiastically.

Addressing the gathering on the occasion, Director emphasized the benefits of practicing yoga in everyday life and work. He mentioned that Yoga is a blessing in disguise, coming from the rich tradition and culture of Ancient India with Lord Shiva as Adi Yogi. He also remembered Maharishi Patanjali for taking the mantle of Yoga forward. He also expressed that Yoga is all about connecting to the mainstream and rising above caste, sect, creed, and religion. He reiterated that Yoga brings a healthy rhythm to body and mind and explained how the daily practice can transform an individual's life. He credited the Hon'ble Prime Minister of India for popularizing the concept of Yoga across the globe by proposing the concept of



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He recalled the Inauguration of Anandam Center of Happiness established at IIM Jammu which witnessed the gracious presence of Hon'ble Union Minister of Education, Govt. of India, Spiritual Guru Sri Sri Ravi Shankar and Shri Manoj Sinha, Lt. Governor of Union Territory of Jammu and Kashmir and expressed his deep gratitude to Spiritual Guru Sri Sri Ravi Shankar and Art of Living for inspiring him to practice yoga regularly. He urged the faculty, staff, and students to regularly practice Yoga for unlocking their infinite potential hidden within themselves. His speech ended with expressing thanks to the instructor yogi Sahil ji for his time and effort.

Yoga Guru Shri Sahil Mehra in his address encouraged all to adopt healthy lifestyle and practice yoga and meditation to achieve unification of mind, body, and soul. He shared his decade-long yoga practice and remembered his Late Yoga Guru Shri

Sanjay Asimji. He also spoke about his research on Yoga and carrying forward legacy of his guru. He expressed his delight over the display of disciplined yoga practice during the event by IIM Jammu fraternity on the occasion.

The unique highlight of the International Day of Yoga (IDY) 2022 is the 15-day-long "Yoga Shivar" for all the students, faculty, and staff of the Institute.

The event concluded with the felicitation of the Yoga Guru Shri Sahilji by the Director by offering a plant sapling as a token of gratitude. The event was followed by the serving of healthy refreshments including Sprouts, Jaggery, Coconut water, and fruits to all participants in a traditional, eco-friendly leaf bowl made of "Pattal" leaves, wooden spoons, paper straws, and serving of water through earthen pots and kullads.

The event was collectively coordinated by Dr. Pankaj K. Agarwal, Associate Professor and Chairperson-Executive Education, IIM Jammu, Dr. Nitin Upadhyay, Chairperson-MBA and Associate Professor, IIM Jammu, Dr. Barnali Chaudhary, Chairperson-Student Affairs and Assistant Professor, IIM Jammu and Dr. Nageshwar Reddy Kondreddy, Co-Chairperson, Student Affairs and Assistant Professor, IIM Jammu. The event ended with the recital of the national anthem.



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Wednesday 22<sup>nd</sup> June 2022

## People across all age groups join practice sessions in Jammu division

IIM Jammu: The International Day of Yoga (IDY) 2022-themed “Yoga for Humanity” was observed on Tuesday at IIM Jammu Canal Road Campus as a part of 'Azadi ka Amrit Mahotsav' . The event commenced with the lighting of the lamp by Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu and other faculty and staff, followed by Saraswati Vandana by the students.

The Yoga session started with the systematic practice of different “ASANAS” of standing, sitting, and lying positions under the instructions of the Yoga Instructor and supervision of trained volunteers.

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<https://www.5dariyanews.com/news/376788-People-across-all-age-groups-join-practice-sessions-in-Jammu-division>



Wednesday 22<sup>nd</sup> June 2022-Web Edition

### **8th Int'l yoga Day: People across all age groups join practice sessions in Jammu divn**

IIM Jammu: The International Day of Yoga (IDY) 2022-themed “Yoga for Humanity” was observed on Tuesday at IIM Jammu Canal Road Campus as a part of ‘Azadika Amrit Mahotsav’. The event commenced with the lighting of the lamp by Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu and other faculty and staff, followed by Saraswati Vandana by the students.

The Yoga session started with the systematic practice of different “ASANAS” of standing, sitting, and lying positions under the instructions of the Yoga Instructor and supervision of trained volunteers. The instructor also mesmerized the participants with demonstration of some of the most difficult asanas. Yogic practice was followed by a Yoga Quiz wherein students, faculty members and staff participated enthusiastically.

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<https://thekashmirhorizon.com/2022/06/22/8th-intl-yoga-day-people-across-all-age-groups-join-practice-sessions-in-jammu-divn/>

Wednesday 22<sup>nd</sup> June 2022-Print Edition

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Wednesday 22<sup>nd</sup> June 2022

### **People across all age groups join practice sessions in Jammu division**

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The instructor also mesmerized the participants with demonstration of some of the most difficult asanas. Yogic practice was followed by a Yoga Quiz wherein students, faculty members and staff participated enthusiastically. The event was collectively coordinated by Dr. Pankaj.K. Agarwal, Associate Professor and Chairperson-Executive Education, IIM Jammu, Dr. Nitin Upadhyay, Chairperson-MBA and Associate Professor, IIM Jammu, Dr. Barnali Chaudhary, Chairperson-Student Affairs and Assistant Professor, IIM Jammu and Dr. Nageshwara Reddy Kondreddy, Co-Chairperson, Student Affairs and Assistant Professor, IIM Jammu. The event ended with the recital of the national anthem.

<https://www.takeonedigitalnetwork.com/post/people-across-all-age-groups-join-practice-sessions-in-jammu-division>



Wednesday 22<sup>nd</sup> June 2022

## 8th International yoga Day | People across all age groups join practice sessions in Jammu division

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<http://www.jammulinksnews.com/newsdetail/286343/Jammu-Links-News-8th-International-yoga-Day-%7C-People-across-all-age-groups-join-practice-sessions-in-Jammu-division>

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Wednesday 22<sup>nd</sup> June 2022

EDUCATION JAMMU & KASHMIR

## International Day of Yoga observed at IIM Jammu

The International Day of Yoga (IDY) 2022-themed “Yoga for Humanity” and a part of ‘Azadi ka Amrit Mahotsav’ campaign to commemorate 75 years of Independence – was observed on 21st June 2022 (Tuesday) at IIM Jammu Canal Road Campus. The event commenced with the lighting of the lamp by Shri Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu and other faculty and staff, followed by Saraswati Vandana by the students.



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Addressing the gathering on the occasion, Director emphasized the benefits of practicing yoga in everyday life and work. He mentioned that Yoga is a blessing in disguise, coming from the rich tradition and culture of Ancient India with Lord Shiva as Adi Yogi. He also remembered Maharishi Patanjali for taking the mantle of Yoga forward. He also expressed that Yoga is all about connecting to the mainstream and rising above caste, sect, creed, and religion. He reiterated that Yoga brings a healthy rhythm to body and mind and explained how the daily practice can transform an individual's life. He credited the Hon'ble Prime Minister of India for popularizing the concept of Yoga across the globe by proposing the concept of International Day of Yoga during his speech at the United Nations General Assembly, on 27th September 2014.

He also referred to Baba Ramdev and his efforts for popularising Yoga among the people across the globe. He also expressed his wish that in case the 138 crores Indian population practices Yoga regularly, it will pave the path for a healthier and stronger nation. He recalled the Inauguration of Anandam-Center of Happiness established at IIM Jammu which witnessed the gracious presence of 10 J&K Police crack Kathua bank robbery case; 2 held, Rs 1.45 cr seized of Hon'ble Union Minister of Education, Govt. of India, Spiritual Guru Sri Sri Ravi Shankar and Manoj Sinha, Lt. Governor of Union Territory of Jammu and Kashmir and expressed his deep gratitude to Spiritual Guru Sri Sri Ravi Shankar and Art of Living for inspiring him to practice yoga regularly. He urged the faculty, staff, and students to regularly practice Yoga for unlocking their infinite potential hidden within themselves. His speech ended with expressing thanks to the instructor yogi Sahil ji for his time and effort.

Yoga Guru Sahil Mehra in his address encouraged all to adopt healthy lifestyle and practice yoga and meditation to achieve unification of mind, body, and soul. He shared his decade-long yoga practice and remembered his Late Yoga Guru Shri Sanjay Asimji. He also spoke about his research on Yoga and carrying forward legacy of his guru. He expressed his delight over the display of disciplined yoga practice during the event by IIM Jammu fraternity on the occasion.

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<https://jknewstoday.com/international-day-of-yoga-observed-at-iim-jammu/>



Wednesday 22<sup>nd</sup> June 2022

**8th International Yoga Day People across all age groups join practice sessions in Jammu division**

IIM Jammu: The International Day of Yoga (IDY) 2022-themed “Yoga for Humanity” was observed on Tuesday at IIM Jammu Canal Road Campus as a part of 'Azadi ka Amrit Mahotsav'. The event commenced with the lighting of the lamp by Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu and other faculty and staff, followed by Saraswati Vandana by the students.

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<https://www.jkinfonews.com/newsdet.aspx?q=64321>



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<https://jkmonitor.org/complete-news-list/82543-people-across-all-age-groups-join-practice-sessions-in-jammu-division>



Wednesday 22<sup>nd</sup> June 2022

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<https://www.facebook.com/kashmirnews22/posts/5133446746690349>



## IIM Jammu director urges faculty & students to practice yoga daily

2 mins read [Comment](#)



**Anum Ansari**

Assistant Manager – Content

Updated on Jun 22, 2022 09:53 IST

*IIM Jammu Director credited the Prime Minister of India for popularizing the concept of Yoga across the globe by proposing the concept of International Day of Yoga during his speech at the United Nations General Assembly, on September 27, 2014.*



IIM Jammu celebrates International Day of Yoga

Indian Institute of Management observed the International Day of Yoga (IDY) 2022-themed “Yoga for Humanity” and a part of 'Azadi ka Amrit Mahotsav' campaign to commemorate 75 years of Independence on June 21, 2022 (Tuesday). The event commenced with the lighting of the lamp by Shri Sahil Mehra, Yoga Guru in the presence of Professor BS Sahay, Director, IIM Jammu and other faculty and staff, followed by Saraswati Vandana by the students.

The Yoga session started with the systematic practice of different ‘ASANAS’ of standing, sitting, and lying positions under the instructions of the Yoga Instructor and the supervision of trained volunteers. The instructor also mesmerized the participants with demonstration of some of the most difficult asanas. The yogic practice was followed by a Yoga Quiz wherein students, faculty members and staff participated enthusiastically, according to the official press note.

## IIM Director urges faculty and students to practice yoga daily

Addressing the gathering on the occasion, Director emphasized the benefits of practicing yoga in everyday life and work. He mentioned that Yoga is a blessing in disguise, coming from the rich

tradition and culture of Ancient India with Lord Shiva as Adi Yogi. He also remembered Maharishi Patanjali for taking the mantle of Yoga forward. He also expressed that Yoga is all about connecting to the mainstream and rising above caste, sect, creed, and religion. He reiterated that Yoga brings a healthy rhythm to body and mind and explained how daily practice can transform an individual's life.

The Director credited the Prime Minister of India for popularizing the concept of Yoga across the globe by proposing the concept of International Day of Yoga during his speech at the United Nations General Assembly, on September 27, 2014. He also referred to Shri Baba Ramdev and his efforts for popularising Yoga among the people across the globe. Sahay expressed that in case the 138 crores Indian population practices Yoga regularly, it will pave the path for a healthier and stronger nation.

He also recalled the Inauguration of Anandam-Center of Happiness established at IIM Jammu which witnessed the gracious presence of Hon'ble Union Minister of Education, Government of India, Spiritual Guru Sri Sri Ravi Shankar, and Shri Manoj Sinha, Lt. Governor of Union Territory of Jammu and Kashmir.

Sahay also urged and encouraged the faculty, staff, and students to regularly practice Yoga for unlocking their infinite potential hidden within themselves.

The event was collectively coordinated by Dr. Pankaj. K Agarwal, Associate Professor and Chairperson-Executive Education, IIM Jammu, Dr. Nitin Upadhyay, Chairperson-MBA and Associate Professor, IIM Jammu, Dr. Barnali Chaudhary, Chairperson-Student Affairs and Assistant Professor, IIM Jammu and Dr. Nageshwara Reddy Kondreddy, Co-Chairperson, Student Affairs, and Assistant Professor, IIM Jammu. The event ended with the recital of the national anthem.

<https://www.shiksha.com/news/iim-jammu-director-urges-faculty-students-to-practice-yoga-daily-blogId-94457>

# अमर उजाला

Wednesday 22<sup>nd</sup> June 2022

## आसन लगा कर मन के विकारों को किया दूर



जम्मू और कश्मीर ब्यूरो

Updated Wed, 22 Jun 2022 02:21 AM IST

भारतीय प्रबंधन संस्थान (आईआईएम) जम्मू में आजादी का अमृत महोत्सव के तहत योग दिवस पर कार्यक्रम हुआ। इसमें साहिल मेहरा बतौर मुख्य अतिथि रहे। मौके पर संस्थान के निदेशक प्रो. बीएस सहाय आदि उपस्थित रहे।

<https://www.amarujala.com/jammu/world-yog-divis-jammu-city-news-jmu262411219>

# LADAKH IMAGES

Vol. 11, Issue No.136 JAMMU, WEDNESDAY JUNE 22 2022 PAGES : 8 E-mail: ladakhimages@gmail.com Epaper.ladakhimages.com Price : ₹ 1/-

Wednesday 22<sup>nd</sup> June 2022

## International Day of Yoga observed at IIM Jammu

### LADAKH IMAGES NEWS

Jammu June 21: The International Day of Yoga (IDY) 2022-themed "Yoga for Humanity" and a part of 'Azadi ka Amrit Mahotsav' campaign to commemorate 75 years of Independence - was observed on 21st June 2022 (Tuesday) at IIM Jammu Canal Road Campus. The event commenced with the lighting of the lamp by Shri Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu and other faculty and staff, followed by Saraswati Vandana by the students. The Yoga session started with the systematic practice of different "ASANAS" of standing, sitting, and lying positions under the instructions of the Yoga Instructor and supervision of trained volunteers. The instructor also mesmerized the participants with demonstration of some of the most difficult asanas. Yogic practice was followed by a Yoga Quiz wherein students, faculty members and staff participated enthusiastically.

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The unique highlight of

the International Day of Yoga (IDY) 2022 is the 15-day-long "Yoga Shivir" all the students, faculty, and staff of the Institute. The event concluded with the felicitation of the Yoga Guru Shri Sahilji by the Director by offering a plant sapling as a token of gratitude. The event was followed by the serving of healthy refreshments including Sprouts, Jaggery, Coconut water, and fruits to all participants in a traditional, eco-friendly leaf bowl made of "Pattal" leaves, wooden spoons, paper straws, and serving of water through earthen pots and kullads.

The event was collectively coordinated by Dr. Pankaj. K. Agarwal, Associate Professor and Chairperson-Executive Education, IIM Jammu, Dr. Nitin Upadhyay, Chairperson-MBA and Associate Professor, IIM Jammu, Dr. Barnali Chaudhary, Chairperson-Student Affairs and Assistant Professor, IIM Jammu and Dr. Nageshwara Reddy Kondreddy, Co-Chairperson, Student Affairs and Assistant Professor, IIM Jammu. The event ended with the recital of the national anthem.