



Indian Institute of Management Jammu

Celebrates

International Yoga Day

21st June

REPORT ON MEDIA COVERAGE



ONE YOGA FOR ONE WORLD



IIM Jammu celebrates International Yoga Day

IIM Jammu observed, International Yoga Day 2023 was observed on 21st June 2023 at IIM Jammu Canal Road Transit Campus. The theme of yoga day 2023 is “One Yoga for One World” with the domestic tagline “हर घर आंगन योग”. The event commenced with the lighting of the lamp by Shri Sahil Mehra, Chief Guest, and Yoga Guru in the presence of the Director, IIM Jammu, and other faculty and staff, followed by Saraswati Vandana by the students.

Prof. B. S. Sahay, Director, IIM Jammu reiterated that Yoga brings a healthy rhythm to body and mind, explaining how daily practice can transform an individual’s life including the benefits of practicing yoga in everyday life and work. He credited the Hon’ble Prime Minister of India Shri Narendra Modi for popularizing the concept of Yoga across the globe by proposing the concept of “International Yoga Day” during his speech at the United Nations General Assembly, on 27th September 2014. He reiterated that “International Yoga Day” is observed annually on June 21st, and has become a global phenomenon, spreading its transformative benefits across the globe.

On this occasion, he recalled the Inauguration of, “Anandam- Center of Happiness” established at IIM Jammu which witnessed the gracious presence of Shri Ramesh Pokhriyal "Nishank", Hon’ble Former Union Minister of Education, Govt. of India, Spiritual Guru Sri Sri Ravi Shankar, Art of Living and Shri Manoj Sinha, Lt. Governor of U.T. 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 the infinite potential hidden within themselves.

Chief Guest and Yoga Guru Shri Sahil Mehra in his address encouraged all to adopt a 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 Asim ji. He expressed his delight over the display of disciplined yoga practice during the event by the IIM Jammu fraternity on the occasion.

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 a 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.

The event was followed with the felicitation of the Yoga Guru Shri Sahil ji by the Director by offering a plant sapling as a token of gratitude and concluded with the National Anthem. The event received active participation from the faculty, officers, staff, and students at the Institute in large numbers.

Glimpses from the International Yoga Day Celebration at IIM Jammu



Glimpses from the International Yoga Day Celebration at IIM Jammu



अमर उजाला

Thursday, 22 June 2023

आईआईएम
जम्मू में करवाए कार्यक्रम में संस्थान
के निदेशक प्रो. बीएस सहाय ने योग
का महत्व बताया।





Department of Information & Public Relations

Government of Jammu & Kashmir

Thursday 22nd June 2023

IIM Jammu: The International Yoga Day (IYD) 2023 was observed at IIM Jammu Canal Road Campus.

The event commenced with the lighting of the lamp by Chief Guest Shri Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu, Prof. Jabir Ali, Dean Academics, IIM Jammu, and other faculty, officers and staff and students 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 Guru and the supervision of trained volunteers. The Yoga Guru also mesmerized the participants with a 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.

<https://www.jkinfonews.com/newsdet.aspx?q=79951>



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Thursday 22nd June 2023-Print Version

The International Yoga Day (IYD) was observed at IIM Jammu Canal Road Campus. The event commenced with the lighting of the lamp by chief guest Sahil Mehra, Yoga Guru in the presence of Prof BS Sahay (Director, IIM Jammu). The Yoga session started with the systematic practice of different "Asanas" of standing, sitting, and lying positions. The yogic practice was followed by a Yoga Quiz wherein students, faculty members, and staff participated enthusiastically.

Thursday 22nd June 2023-Web Version

The International Yoga Day (IYD) was observed at IIM Jammu Canal Road Campus. The event commenced with the lighting of the lamp by chief guest Sahil Mehra, Yoga Guru in the presence of Prof BS Sahay (Director, IIM Jammu). The Yoga session started with the systematic practice of different "Asanas" of standing, sitting, and lying positions. The yogic practice was followed by a Yoga Quiz wherein students, faculty members, and staff participated enthusiastically.

<https://www.dailyexcelsior.com/international-yoga-day-celebrated-with-enthusiasm-across-jk-ladakh-2/>



Thursday 22nd June 2023

Ninth International Yoga Day celebrated with enthusiasm

The International Yoga Day (IYD) 2023 was observed at **IIM Jammu Canal Road Campus**. The event commenced with the light-



IIM Jammu faculty and others dignitaries during Yoga camp.

ing of the lamp by Chief Guest Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu, Prof. Jabir Ali, Dean Academics, IIM Jammu, and other faculty, officers and staff and students 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 Guru and the supervision of trained volunteers. The yogic practice was followed by a Yoga Quiz wherein students, faculty members, and staff participated enthusiastically.

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Source :

http://epaper.thenorthlines.com/articlepage.php?articleid=NLINE_MAI_20230622_3_8&width=420px&edition=Main&curpage=3



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[https://www.jammulinksnews.com/newsdetail/320708/Jammu-Links-News-DLSAs Govt departments host special camps to celebrate International Yoga Day](https://www.jammulinksnews.com/newsdetail/320708/Jammu-Links-News-DLSAs_Govt_departments_host_special_camps_to_celebrate_International_Yoga_Day)



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<https://boldnewsonline.com/dlsas-in-jammu-division-mark-international-yoga-day-with-special-programs-and-yoga-sessions/>



Thursday 22nd June 2023

International Yoga Day observed at IIM Jammu

Jammu, June 21 (Scoop News)-The International Yoga Day (IYD) 2023 was observed on 21st June 2023(Tuesday) at IIM Jammu Canal Road Campus. The theme of yoga day 2023 is “One Yoga for One World” with the domestic tagline “हर घर आंगन योग”. The theme is focusing on the numerous benefits of yoga. Recognizing the importance of yoga, this year’s Yoga Day theme focuses on yoga for every home, institution, and locality. The event commenced with the lighting of the lamp by Chief Guest Shri Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay,

Director, IIM Jammu, Prof. Jabir Ali, Dean Academics, IIM Jammu, and other faculty, officers and staff and students 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 Guru and the supervision of trained volunteers. The Yoga Guru also mesmerized the participants with a 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.

Addressing the gathering on the occasion, Prof. B.S. Sahay, Director, IIM Jammu emphasized the benefits of practicing yoga in everyday life and work. He reiterated that Yoga brings a healthy rhythm to body and mind and explained how 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 mentioned that “International Day of Yoga” is observed annually on June 21st, and has become a global phenomenon, spreading its transformative benefits across the globe.

On this occasion, he recalled the Inauguration of, “Anandam- Center of Happiness” established at IIM Jammu which witnessed the gracious presence of Shri Ramesh Pokhriyal "Nishank", Hon’ble Former Union Minister of Education, Govt. of India, Spiritual Guru Sri Ravi Shankar, Art of Living and Shri Manoj Sinha, Lt. Governor of U.T. 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 the infinite potential hidden within themselves. His speech ended with expressing thanks to the Yoga Guru Sahil Ji for his dedication, time, and effort.

Chief Guest and Yoga Guru Shri Sahil Mehra in his address encouraged all to adopt a 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 the legacy of his guru. He expressed his delight over the display of disciplined yoga practice during the event by the IIM Jammu fraternity on the occasion.

The event received active participation from the faculty, officers, staff, and students at the Institute in large numbers. The event was followed with the felicitation of the Yoga Guru Shri Sahil ji by the Director by offering a plant sapling as a token of gratitude.

The event was graced by Prof. Jabir, Ali, Dean Academics, IIM Jammu, Dr. Ashish Kumar, Chairperson, Student Affairs, IIM Jammu, and Cmdr Kesavan Baskaran (R), Chief Administrative Officer, IIM Jammu.

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 a serving of water through earthen pots and kullads. The event was coordinated by Student Affairs Office, IIM Jammu. The event concluded with the National Anthem.

<https://www.scoopnews.in/det.aspx?q=123994>



Thursday 22nd June 2023

International Yoga Day observed at IIM Jammu

By Editor Desk - June 22, 2023 12:11 am

171 0

Like 0



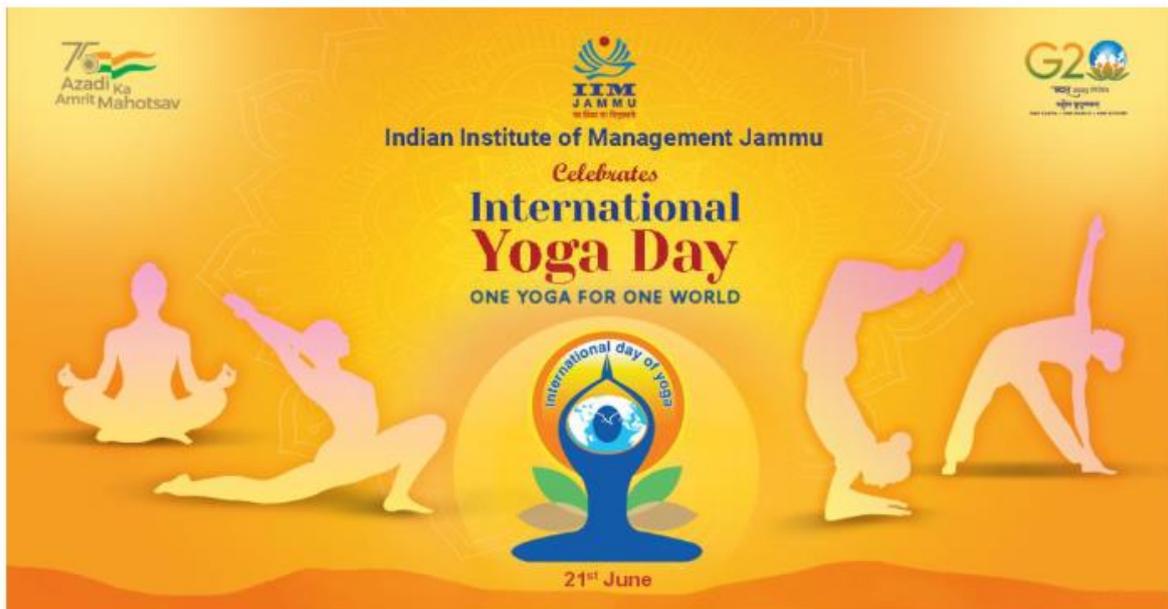
The International Yoga Day (IYD) 2023 was observed on 21st June 2023 (Tuesday) at IIM Jammu Canal Road Campus.

Read Time: 3 Minute, 21 Second

International Yoga Day observed at IIM Jammu

21st June 2023 (Wednesday), Jammu:

The International Yoga Day (IYD) 2023 was observed on 21st June 2023 (Tuesday) at IIM Jammu Canal Road Campus. The theme of yoga day 2023 is "One Yoga for One World" with the domestic tagline "हर घर आंगन योग". The theme is focusing on the numerous benefits of yoga. Recognizing the importance of yoga, this year's Yoga Day theme focuses on yoga for every home, institution, and locality. The event commenced with the lighting of the lamp by Chief Guest Shri Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu, Prof. Jabir Ali, Dean Academics, IIM Jammu, and other faculty, officers and staff and students 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 Guru and the supervision of trained volunteers. The Yoga Guru also mesmerized the participants with a 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.

Addressing the gathering on the occasion, Prof. B.S. Sahay, Director, IIM Jammu emphasized the benefits of practicing yoga in everyday life and work. He reiterated that Yoga brings a healthy rhythm to body and mind and explained how 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 mentioned that "International Day of Yoga" is observed annually on June 21st, and has become a global phenomenon, spreading its transformative benefits across the globe. On this occasion, he recalled the Inauguration of, "Anandam- Center of Happiness" established at IIM Jammu which witnessed the gracious presence of Shri Ramesh Pokhriyal "Nishank", Hon'ble Former Union Minister of Education, Govt. of India, Spiritual Guru Sri Sri Ravi Shankar, Art of Living and Shri Manoj Sinha, Lt. Governor of U.T. 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 the infinite potential hidden within themselves. His speech ended with expressing thanks to the Yoga Guru Sahil Ji for his dedication, time, and effort.



Chief Guest and Yoga Guru Shri Sahil Mehra in his address encouraged all to adopt a 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 the legacy of his guru. He expressed his delight over the display of disciplined yoga practice during the event by the IIM Jammu fraternity on the occasion.

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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 a serving of water through earthen pots and kullads. The event was coordinated by Student Affairs Office, IIM Jammu. The event concluded with the National Anthem.

<https://ibgnews.com/2023/06/22/international-yoga-day-observed-at-iim-jammu/>



Thursday 22nd June 2023

9th International Day of Yoga Observed at IIM Jammu

JAMMU & KASHMIR



By CNS News Desk On Jun 21, 2023



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Jammu 21 June (CNS): 9th International Yoga Day was celebrated on Wednesday at IIM Jammu Canal Road Campus in which students of the institute and professors actively took part.

The event commenced with the lighting of the lamp by Chief Guest Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu, Prof. Jabir Ali, Dean Academics, IIM Jammu, and other faculty members, officers, staff and students. Later, the lightning of the lamp was followed by a sacred mantra Saraswati Vandana performed 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 Guru and the supervision of trained volunteers,” said the institute’s management.

Later, the Yoga Guru also mesmerized the participants with a 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,” it added. (CNS)

<https://cnskashmir.in/2023/06/21/9th-international-day-of-yoga-observed-at-iim-jammu/>

Thursday, 22 June 2023

International Yoga Day observed at IIM Jammu



The International Yoga Day (IYD) 2023 was observed on 21st June 2023 (Tuesday) at IIM Jammu Canal Road Campus. The theme of yoga day 2023 is “One Yoga for One World” with the domestic tagline “हर घर आंगन योग” . The theme is focusing on the numerous benefits of yoga. Recognizing the importance of yoga, this year’s Yoga Day theme focuses on yoga for every home, institution, and locality. The event commenced with the lighting of the lamp by Chief Guest Shri Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu, Prof. Jabir Ali, Dean Academics, IIM Jammu, and other faculty, officers and staff and students followed by Saraswati Vandana by the students.

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Addressing the gathering on the occasion, Prof. B.S. Sahay, Director, IIM Jammu emphasized the benefits of practicing yoga in everyday life and work. He reiterated that Yoga brings a healthy rhythm to body and mind and explained how 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 mentioned that "International Day of Yoga" is observed annually on June 21st, and has become a global phenomenon, spreading its transformative benefits across the globe.

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The event received active participation from the faculty, officers, staff, and students at the Institute in large numbers. The event was followed with the felicitation of the Yoga Guru Shri Sahil ji by the Director by offering a plant sapling as a token of gratitude.

The event was graced by Prof. Jabir, Ali, Dean Academics, IIM Jammu, Dr. Ashish Kumar, Chairperson, Student Affairs, IIM Jammu, and Cmdr Kesavan Baskkaran (R), Chief Administrative Officer, IIM Jammu.

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 a serving of water through earthen pots and kullads. The event was coordinated by Student Affairs Office, IIM Jammu. The event concluded with the National Anthem.

Source : <https://www.campusvarta.com/article/international-yoga-day-observed-at-iim-jammu>



Thursday 22nd June 2023

NEWS

IIM Jammu celebrated the International Yoga Day

BY TEAM CAMPUSUTRA – JUNE 21, 2023 NO COMMENTS 4 MINS READ



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<https://campusutra.com/iim-jammu-celebrated-the-international-yoga-day/>



Thursday 22nd June 2023

June 21, 2023 10:52 AM

The IIM Jammu Canal Road Campus celebrated **International Yoga Day**. The event will occur on Wednesday, June 21, at 5:50 AM as scheduled.

<https://www.collegedekho.com/colleges/indian-institute-of-management-2>



भारतीय प्रबंधन संस्थान जम्मू
Indian Institute of Management Jammu

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