

# Two-Day Transformative Yoga Camp

## IIM Ranchi Concludes Two-day Transformative Yoga Camp

PNS : RANCHI

The Indian Institute of Management, Ranchi, in collaboration with the Happiness Centre, IIM Ranchi and the Department of Sports Science and Yoga (RKMVERI), Belur Math, concluded a two-day transformative Yoga Camp. The camp's primary goal was to instil the mindset of 'Embrace Yoga: Align Body, Mind, and Spirit.'

The valedictory ceremony, held at the institute, was graced by the esteemed presence of Prof. Deepak Kumar Srivastava, Director, IIM Ranchi, along with Prof. Prasenjit Chakrabarti, Prof. Tanusree Dutta, and Swami Vidyapradananda.

Swami Vidyapradananda, a Ramakrishna Order monk and a Penn State University PhD holder, played a significant role in planning and conducting the camp. More than 250 participants, including



students and volunteers, actively engaged in the yoga sessions. Prof. Deepak Kumar Srivastava, in his opening remarks, highlighted the importance of yoga in enhancing concentration and emphasised the need for a focused approach in today's multitasking world. He announced the integration of yoga into the academic curriculum and expressed gratitude to Swami Vidyapradananda. Swami Vidyapradananda, in his address, expressed gratitude for the institute's invitation and shared insights into the scientific planning behind the two-day camp. He appreciated the participants' enthusiasm, urging them to integrate the

takeaways from the sessions into their daily lives. The valedictory ceremony included the felicitation of Swami Vidyapradananda, Prof. Arkadeb Dutta, and Prof. Arnab Das, who contributed significantly to the event. Certificates were also awarded to volunteers from RKMVERI for their dedication to organising and regulating the Yoga camp. As a token of appreciation, Swami Ji presented Director Prof. Deepak Kumar Srivastava with a glass painting of Swami Vivekananda, created by one of his students.

The event concluded with a mesmerising performance by volunteers showcasing various yoga postures and balancing techniques. Prof. Prasenjit Chakrabarti expressed gratitude in the vote of thanks, and the ceremony ended with the national anthem, inspiring participants to incorporate regular yoga practice into their lives.

Pioneer, 12.02.2024, Pg.3

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Scene from the yoga camp | (Pic: IIM Ranchi)

The Indian Institute of Management (IIM), Ranchi, in collaboration with the Happiness Centre, IIM Ranchi and the Department of Sports Science and Yoga (RKMVERI), Belur Math, concluded a two-day transformative Yoga Camp on February 11, Sunday. The camp's primary goal was to instill the mindset of Embrace Yoga: Align Body, Mind, and Spirit.

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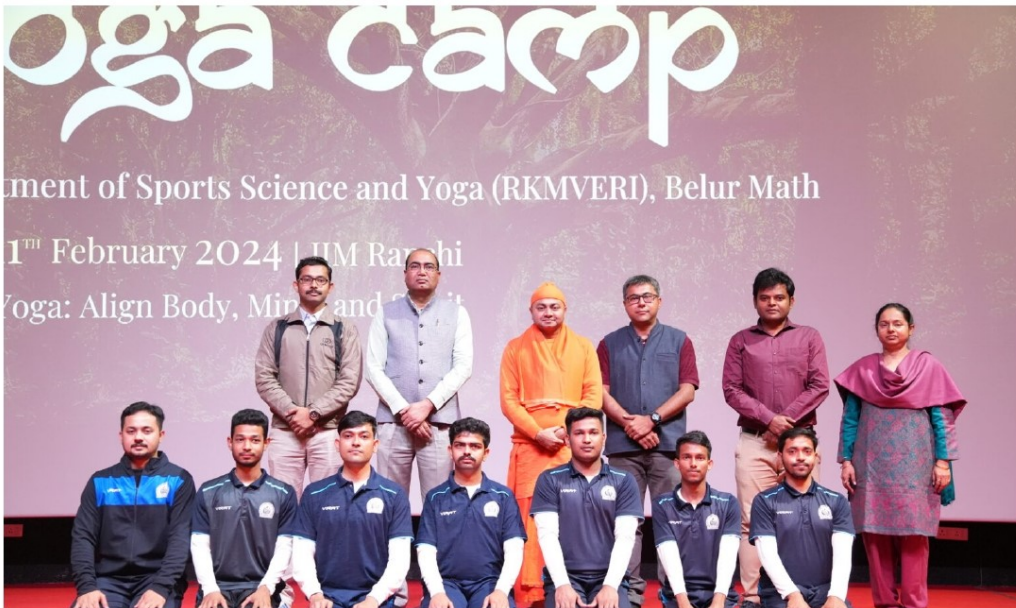




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### IIM Ranchi Concludes Two-Day Transformative Yoga Camp

📅 February 11, 2024   👤 admin   💬 Comment(0)





Ranchi, Jharkhand, 11 February 2024 – The Indian Institute of Management, Ranchi, in collaboration with the Happiness Centre, IIM Ranchi and the Department of Sports Science and Yoga (RKMVERI), Belur Math, concluded a two-day transformative Yoga Camp. The camp's primary goal was to instil the mindset of 'Embrace Yoga: Align Body, Mind, and Spirit.'

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## A Two-Day Transformative Yoga Camp At IIM Ranchi

February 10, 2024   admin   Comment(0)

Ranchi, Jharkhand – 10 February 2024: The Indian Institute of Management Ranchi inaugurated the 2-day transformative Yoga Camp at its permanent campus in collaboration with the Happiness Centre, IIM Ranchi and the Department of Sports Science and Yoga (RKMVERI), Belur Math. This Yoga Camp is conducted to inculcate the mindset of 'Embrace Yoga: Align Body, Mind, and Spirit'.

The inauguration was graced with the esteemed presence of Prof. Deepak Kumar Srivastava, Director, IIM Ranchi, Prof. Tanusree Dutta, Chairperson, Happiness Centre, IIM Ranchi, and the keynote speakers – Swami Bhaveshananda and Swami Vidyapradananda.

Swami Bhaveshananda is the secretary of RKM Ashram Morabadi Ranchi and also administrative head of Ranchi faculty centre of RKMVERI Belur math. He was a national coordinator for 12 states of Swami Vivekananda district yoga wellness centre scheme of ministry of Ayush. At Ranchi ashram he has instituted regular yoga classes.

Swami Vidyapradananda is a monk of Ramakrishna Order, serving at the Yoga Department of RKMVERI Deemed University at Belur Math. He holds a PhD from Penn State University. He is an avid student of Yoga – Vedanta.

The event began with the lighting of the lamp and Saraswati Vandana. This was followed by the address of Prof. Tanushree Dutta, who emphasised yoga as part of a holistic approach important in finding harmony and happiness. She considered yoga a sanctuary of peace and tranquillity and the path to happiness and inner peace.

Prof. Deepak Kumar Srivastava emphasised multiple perspectives of yoga and considered it to be a technique to connect with divine power and channel energy. He also highlighted the fact that a lot of mental energy is exhausted in the various situations that one comes across in his day-to-day life, so it's vital for everyone to decide which thoughts should consume how much of the energy. He further highlighted that yoga is now considered a science and hoped

that the students would take advantage of this initiative. He emphasized the fact that the institute is on the path of making Yoga a compulsory exercise as a part of the curriculum in line with the motto 'Bahumukh Vikaso Gantavyaha' (holistic development) and had various initiatives to support this decision, which included a Happiness Centre and Mind Lab which was recently inaugurated in the Happiness Conference. He expected that the students would utilise these initiatives effectively.

The keynote address of Swami Bhaveshananda then followed this. He emphasized that the goal of life is sustainable happiness, to achieve eternal happiness – physical, mental and spiritual happiness. The most difficult task is to calm one's thoughts, identify what is temporary and what is permanent and then leave the temporary happiness aside, leave pleasurable and adopt desirable things. One's happiness should make others also happy; it should not be at the cost of others. He hoped that it would bring a positive change in the attitude and behaviour of the students.

The Inauguration ceremony was then concluded with the felicitation of the keynote speakers.

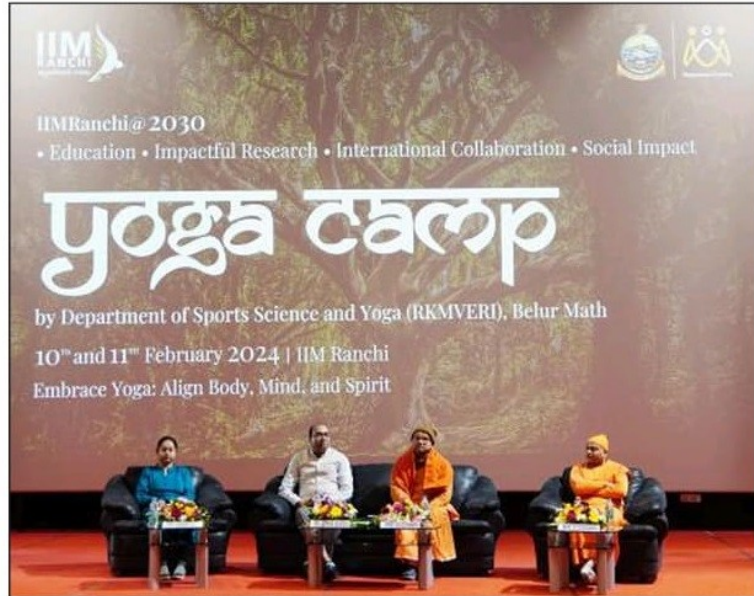


# IIM Ranchi Inaugurates a Two-day Transformative Yoga Camp

**By Correspondent**

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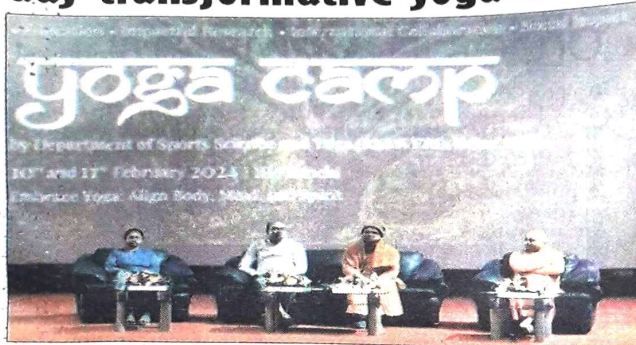
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Reporter Post, 11.02.2024, Pg.3

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