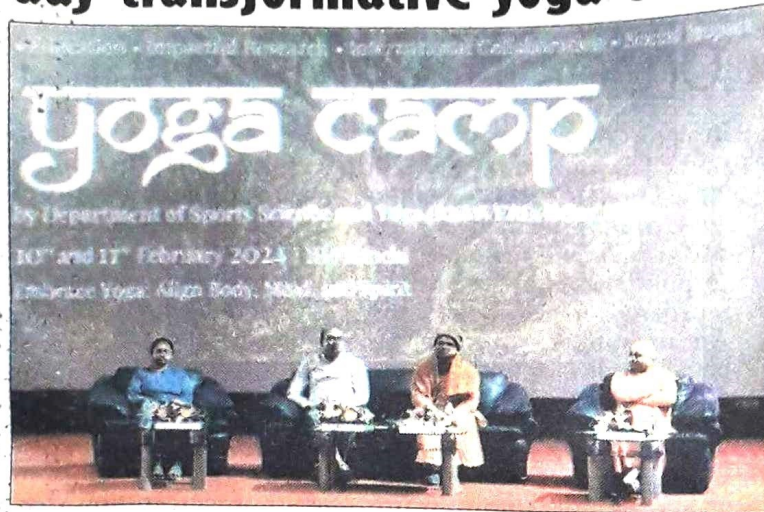


IIM Ranchi inaugurates a two-day transformative yoga camp



PNS : RANCHI

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.