



Department of Sports Science and Yoga
Ramakrishna Mission Vivekananda Educational and Research Institute
 (Declared by Govt of India as Deemed University u/s 3 of UGC Act, 1956)
 Belur Math, Howrah 711202, West Bengal

Two-day Yoga Camp at Indian Institute of Management, Ranchi
08-09 February 2025

The Department of Sports Science and Yoga conducts Yoga camps in various educational institutes in India in order to build awareness among the Indian youth and provide them with authentic information on Yoga and various Yogic practices, to explain the true meaning and purport of Yoga and introduce the various traditions of Yoga that has been upheld in India, to give hands-on experience of various Yogic practices (asana, pranayama, bandha, mudra and meditation) and to educate on scientific evidence of psycho-physiological effects of Yoga. Since 2023, the Department of Sports Science and Yoga at RKMVERI has been conducting Yoga camp at IIM Ranchi. This year the third such camp was held on 8-9 February 2025.

Schedule of Yoga camp at IIMR 8-9 February 2025

Date	Time	Event/Title of talk	Speaker/Instructor
Saturday 08/2/25	9.30am–9.45am	Welcome address	Prof Deepak Srivastava Hon'ble Director, IIM Ranchi
	9.45am-10.00am	Address of Benediction(online)	Swami Atmapriyananda Hon'ble Pro-Chancellor, RKMVERI
	10.00am-10.20am	Keynote address:	Swami Bhaveshananda, Secretary, Ramakrishna Mission Ashrama, Morabadi
	10.20am-10.45am	e break	
	11.00am-12.30 pm	Yoga Practice session	RKMVERI Student team
	12.30pm -2.00pm	Lunch break	
	2.00pm-3.00pm	Understanding stress	Prof Manohar Kr. Pahan Assistant Professor, Department of Sports Science and Yoga
	3.00pm-4.00pm	How to breathe to live longer	Rama Arya Phd Scholar Department of Sports Science and Yoga
	4.00pm-4.30pm	Tiffin Break	
	4.30 pm-6.00pm 6.00 pm-6.30pm	Guided Meditation Session Q & A	Swami Kareshananda Registrar, RKMVERI
Date	Time	Event/Title of talk	Speaker/Instructor
Sunday 09/2/25	7.00 am-8.00am	Yoga practice session	RKMVERI Student Team
	8.00am-9.00am	Breakfast & interaction with participants	
	9.00am-10.00am	Stress management techniques	Prof Manohar Kr. Pahan Assistant Professor, Department of Sports Science and Yoga
	10.00am-11.00am	How to counter wrong postures	Sanjoy Majhi Phd Scholar Department of Sports Science and Yoga
	11.00am-11.30am	Tea Break	

	11.30am-1.00pm	Yoga practice session	RKMVERI Student Team
	1.00pm-2.30pm	Lunch break	
	2.30pm-3.30pm	Free interaction with participants Q & A	
	4.30 pm	Valedictory session and certificate distribution	Hon'ble Director, IIM Ranchi

In each session about 100 students and staff of IIM Ranchi attended. The sessions were received with overwhelming enthusiasm and happiness.