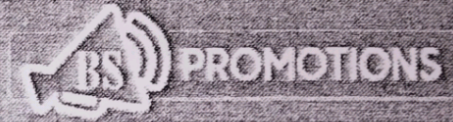


# Business Standard

## Date: 28.06.2023

Business Standard

CAMPUS  
TALK



### BIITM CELEBRATES INTERNATIONAL YOGA DAY

The 9th International Yoga Day has been organised inside the BIITM premises headed by Prof Manoj Parija, Dr Sudeshna Dutta, and all the faculty members. The Yoga session aimed to raise awareness about the importance of yoga and its positive impact on overall well-being towards a healthy life. Dr Mihir Ranjan Nayak, Principal of BIITM, Prof K Chandrasekhar (GM) cum Head (P&T), Prof Dr Bonita Mitra, and other BIITM faculty and supporting staff members participated in the Yoga Session and also gave opening

addresses. The Yoga session was coordinated by BIITM student trainer Miss Muskan Rout of IMBA 4th Semester, who also conducted other interactive activities to engage the participants. The session covered a wide range of yoga techniques, including asanas (postures), pranayama (breathing exercises), and meditation, which definitely was a step towards living a healthy life, making the entire event a resounding success.

**Campus Reporter - Sai Priti Das**