



**IIM SIRMAUR**  
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INDIAN INSTITUTE OF MANAGEMENT SIRMAUR  
भारतीय प्रबन्ध संस्थान सिरमौर

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रामपुर घाट रोड,  
पांवटा साहिब, सिरमौर।  
हिमाचल प्रदेश - 173025, भारत।

### **IIM Sirmaur celebrates 3<sup>rd</sup> International Day of Yoga**

Indian Institute of Management Sirmaur joined the Nation and the World and celebrated the 3<sup>rd</sup> International Day of Yoga on 21<sup>st</sup> June 2017 (Wednesday). A yoga session marked the start of the day which saw participation from the faculty, staff and alumni of IIM Sirmaur, and the students from Guru Nanak Mission Public School and The Scholar's Home in Paonta Sahib.

Yoga as centuries old practice, has its roots in ancient India. Prof. Vaneet Kashyap, Convener of the event, welcomed and thanked all the participants and threw light on the history of yoga as a practice. He also spoke on the global recognition and respect that yoga commands and its significance in everyday life.

Speaking on the occasion, Prof. Neelu Rohmetra, Director, IIM Sirmaur highlighted the benefits of practicing yoga and its contribution toward one's character-building and overall well-being. She further added that yoga helps a person to live disciplined and harmonious life and tends to develop inclination towards service of mankind. She thanked the Hon'ble Prime Minister of India, Shri Narendra Modi, the Ministry of Human Resource Development and the Ministry of AYUSH for promoting and propagating the science and practice of yoga throughout the world, especially among the youth.

Mr. Rajnikant was the expert trainer for the conduct of yoga session. He also introduced the participants to the philosophy of yoga and explained its role in unifying the mind, body and soul. He emphasized that yoga is one of the means to understand and realise one's self.