

The ICFAI University, Jaipur
ICFAI Business School
Student Activities
International Yoga Day

On June 21, 2024, The ICFAI Business School, Jaipur celebrated the 10th International Yoga Day with exceptional enthusiasm, drawing active participation from faculty, staff, and students. The event was organized by the Prayaas Club of IBS Jaipur, showcasing the university's commitment to promoting holistic well-being through yoga.

The celebration commenced with an insightful address by Prof (Dr) H P Singh, VSM, the President of The ICFAI University, Jaipur. Prof Singh welcomed everyone and set the tone for the day by emphasizing the significance of Yoga Day as an opportunity to integrate yoga into daily life for maintaining a harmonious balance between body and mind.

Following the President's address, the session featured a brief yet engaging introduction of the guest speaker, Mr. Arun Kumar Dubey, a certified yoga trainer. Dubey Sir captivated the audience with his discussion on the profound benefits of yoga for youth, highlighting its critical role in enhancing both mental and physical health. He emphasized how regular yoga practice can foster better harmony within oneself, thereby contributing to overall well-being.

The event included a series of activities designed to showcase the practical aspects of yoga. It began with a yoga prayer, setting a serene tone for the session. This was followed by a series of warm-up exercises and simple asanas, demonstrated and performed with enthusiasm by the students, faculty, and staff. Each asana was carefully explained by Mr. Dubey, who highlighted its specific benefits and importance in daily practice.

Additionally, Mr. Dubey provided valuable insights into 'The Positive Framework of Meditation', offering practical tips and techniques to integrate meditation into daily routines for enhancing mental clarity and emotional stability.

The event saw the active participation of Prof (Dr) H P Singh, VSM, the Registrar, faculty members, and around 200 students. Their involvement underscored the collective spirit of the university in embracing the principles of yoga and meditation.

Overall, the 10th International Yoga Day at The ICFAI Business School, Jaipur, was a tremendous success. The event not only celebrated the practice of yoga but also reinforced its importance in the pursuit of a balanced and fulfilling life. The Prayaas Club's efforts in organizing this meaningful event were commendable, and the enthusiastic participation of the university community highlighted the growing awareness and appreciation of yoga as an integral part of personal development.

Photographs

Drive

Link:

https://drive.google.com/drive/folders/1RSvuWR3BPvgfrwNE_4AUZ5SnJa0yC-XU?usp=sharing