

# IIM-Ranchi organises Yoga Camp

PNS : RANCHI

The Indian Institute of Management Ranchi organised a 3-day Yoga Camp at the Vivekananda Auditorium, Permanent Campus in Prabandhan Nagar, Ranchi from 3rd to 5th February. The camp was organized under IIM Ranchi initiative, the "Human Connect" - A flagship Event for Promoting Mental and Emotional Well-being, under the leadership of Prof. Deepak Srivastava, Director, IIM Ranchi. This initiative aimed to foster a deeper sense of connection and community among the members of the IIM Ranchi family. Under this initiative, three events as episodes - Drum Circle, Collective Dance and Blood Donation camp have already been organised.

Episode 4 of the Human Connect initiative, IIM Ranchi, the 3-day Yoga Camp was organized in association with Department of Sports Science and Yoga, Ramkrishna Mission Vivekananda Educational and Research institute (RKMVERI), Belurmath.

The event was graced by the presence of Prof. Deepak Kumar Srivastava, Director, IIM Ranchi; Swami Atmapriyananda, founding Vice Chancellor RKMVERI; Swami Bhaveshananda, Secretary of Ramakrishna Mission Ashrama Morabadi and the Administrative Head of RKMVERI Faculty centre; Swami Samarpananda, Faculty, RKMVERI; Swami Kaleshananda, Faculty, RKMVERI, and Prof. Manish Kumar, Chairperson, Student Affairs IIM Ranchi.

Prof. Deepak Kumar Srivastava, Director, IIM Ranchi, addressed the students. He started by welcoming the guests. He stated how the 3-day yoga camp is an integral part of the 'Human Connect' initiative of IIM Ranchi. The aim of 'Human Connect' is to spread happiness, and Yoga is a powerful medium to connect & achieve happiness. He emphasised the importance of taking a break from the busy MBA life and how Yoga is the way to do so, as it allows us to connect and be one with nature. He advised the students to refer to ancient Indian knowledge to care for physical and mental health.