

One week Yoga awareness camp begins at NITR

Rourkela: National Institute of Technology, Rourkela organized a one-week mass yoga awareness camp as part of International Day of Yoga celebrations on the college premises from June 15 to 21 June from 7.00AM to 8.00AM.

Inaugurating the camp director in-charge professor Kamalakanta Mohapatra urged participants to adopt a yogic lifestyle for holistic health. He said, "Yoga is basically a method to achieve balance in our bodies, gaining strength, increasing flexibility and attaining spirituality. The benefits of yoga are infinite and it has the potential to cure many diseases. Many people are practicing yoga in today's world to remain healthy. For aged people who cannot do intensive exercises, yoga proves to be the best choice for them", he said.

The coordinator of the camp deputy registrar of Establishment Bamdev Acharya stated that Yoga, when combined with meditation, has the power to better your intuitive skills so that you can quickly ascertain what is required to be done, when it is to be done and how in order to gain positive results. This does work wonders and you can experience the change yourself only when you practice it without fail. He expressed his gratitude to all the participants for being part of the camp.

The camp will be conducted by yoga teacher Batakrushna Sahu. Among other Registrar in-charge professor Saroj Patel, Dean student welfare professor Simanchal Panigrahi graced the occasion. Around 60 people participated in this event.