

*For immediate release : June 21, 2025*

## **PRESS-RELEASE**

### **IIT (ISM) Dhanbad Celebrates International Day of Yoga 2025 with Enthusiasm and Insight**

The Indian Institute of Technology (Indian School of Mines) Dhanbad celebrated the International Day of Yoga 2025 with great zeal and mass participation at the Student Activity Center. The event was organized by the Sports & Physical Education Center (SPEC) and witnessed an overwhelming response with over 700 participants, led by Prof Sukumar Mishra, Director, IIT (ISM) and other including, Dean (Student's Welfare), Registrar, President SPEC, sports officers, faculty members, staff, coaches, and a large number of students.

The celebration began in the early morning hours with the live telecast of the Hon'ble Prime Minister Shri Narendra Modi's address, whose inspiring words set the tone for the day, highlighting the importance of yoga in leading a balanced and mindful life.

A lively yoga session following the Common Yoga Protocol was conducted by Dr. Prasant Padhi, General Manager (In Charge), Special Plate Plant, Rourkela Steel Plant, SAIL. The session engaged all participants in rejuvenating physical and mental practices.

On the occasion, Prof. Sukumar Mishra, Director, IIT (ISM) Dhanbad, delivered a motivating address, underscoring the significance of integrating yoga into daily life for holistic well-being and personal development.

The program also featured a prize distribution ceremony to honor the winners of the Yoga Competition held on June 11, 2025, further reinforcing the institute's commitment to promoting fitness and mindfulness.

Later in the day, Dr. Prasant Padhi also delivered an engaging lecture on the theme "SAIL's Contribution towards Defence Steel and Research Prospects for Futuristic NexGen Materials" at the Department of Management Studies Auditorium. The session attracted a diverse audience of students, research scholars, faculty, and staff, and was followed by a constructive discussion on potential areas of academic and research collaboration.

The day-long celebration stood as a reflection of IIT (ISM) Dhanbad's sustained efforts toward fostering a culture of health, innovation, and academic synergy.

Rajni Singh

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