

For Immediate Release: June 21, 2024

PRESS-RELEASE

Special Yoga Session, distribution of prizes among winners of yoga competition mark the International Day of Yoga celebration at IIT (ISM) Dhanbad

Distribution of prizes among the winners of Open Yoga Competition, hour long special yoga session under the supervision of Pragati Kumari, Ranchi based renowned Yoga Expert besides the distribution of souvenir/apparel bearing IDY logo marked the International Day of Yoga celebration today at Lower Ground of IIT (ISM) Dhanbad.

The function began at around 6 a.m. with the Special Yoga Session held for the staff, officers, faculty and their family members and students during which Prof Subhashis Chatterjee, Dean Faculty was present as Chief Guest.

Prof Sanjoy Mandal, Associate Dean, Students Activities and other faculty members and officers including, Mr DN Acharya, Physical Education and Sports Officer of IIT (ISM) also graced the function which concluded at around 7.30 a.m.

Addressing the gathering, Yoga Expert, Pragati Kumari said, "Yoga is a precious gift given to us by our ancestors that helps us to lead a healthier and balanced life"

Prof Subhashis Chatterjee, Dean Faculty, during his address said that the benefits of Yoga include improved flexibility, strength and mental health.

He later also distributed prizes among the winners of Open Yoga Competition (held on June 16, 2024) during which altogether 35 winners of different age group and categories were awarded.

In Below 8 year's campus children category, Kaushik Biswas emerged topper among the boys while Angira Dey, Akshita Singh and Sanvi Kumari bagged the 1st, 2nd and 3rd prize among the girls respectively.

In 8-14 years campus children category, Shreyansh Kumar, A Rakesh, Mayank Kumar Mahto and A Prakash won 1st, 2nd, 3rd and 4th positions respectively among the boys while Shreya Kumari, Toshika Khatri, Payal Kumari and Miss Aranya Sanjeevani won the 1st, 2nd, 3rd and 4th positions respectively among girls.

In the category of faculty, staff members and dependent (Men), Sanjay Ghoshal (Mechanical), Sumit Kumar (Cent. Library), Ajit Kumar (Mechanical), Pankaj Kumar Jain (FMME), Vijay Kumar Mahto (Petroleum), Bhaskar Nanda (Electronics), Gopesh Kumar (Smart Studio), Alok Kumar (Health Centre), Shri Prabodh Pandey (Registrar), Manoj Das (ECMU) and Sanjeev Kumar (CRF) emerged 1st, 2nd, 3rd, 4th, 5th, 5th (two persons jointly on 5th Position), 6th, 7th, 8th, 9th and 10th positions.

Among the faculty staff members and dependent (Women), Nibedita Dolui (FMME), Sagarika Ghoshal (Mechanical), Kabita Mallik (Mechanical), Purabi Das (Director's Secretariat), Monika Sharma (Deputy Director's Secretariat) and Sweetie Prit (Health Centre) won 1st, 2nd, 3rd, 4th, 5th and 6th positions respectively.

Among Students Open to all (Boys) category, Nikhil Chopra (ME), Ashutosh Yadav (Physics), Shyam Verma (DMSIE) Bishal Borman (Chemical) won the 1st, 2nd, 3rd and 4th prize respectively while among the girls Arkja (Electronics) and Nidhi Khare (Physics) emerged 1st and 2nd respectively.

Rajni Singh
Dean (Corporate Communications)