

INTERNATIONAL YOGA DAY 2021

“Yogasthaḥ kuru karmāṇi saṅgaṃ tyaktvā dhanañjaya ,
siddhyasiddhyoḥ samo bhūtvā samatvaṃ yoga ucyate “ says verse
2:58 of the Bhagwat Geeta which when translated means “be steadfast
in the performance of your duty, abandoning attachment to success
and failure. Such equanimity is called Yog.”

Yoga is undoubtedly the most precious ethos of Indian culture helping
the people around the globe to connect their soul, mind and body.

To build this essence and celebrate the power of *YOG* , On the
occasion of international yoga day, BCIHMCT held a virtual event
highlighting yoga and its importance. Hosted on an online platform
the event of an amalgamation of peace and revitalized spirits of energy
within all 128 participants. To imbibe the spirit of EBSB , Yog
culture of Sikkim , the paired state was included in the webinar

Beginning the event the hosts welcomed all the guests and addressed
the audience with an introductory speech wherein they acquainted
with benefits and significance of yoga. They also culminated on the
theme of the year 2021 , “Yoga for well-being”. Taking the session
further Sunidhi Bala 2nd year student took over to talk about
importance of practicing yoga by sharing some amazing insights with
us showcasing benefits of practicing yoga daily .Later in the session ,
Nikita and Nishita from the first year conversed, and enlightened
how yoga can be considered as an alternative therapy and the
popularity gained by yoga . An informative presentation by the first
years was shared to highlight the efforts put in by the Ministry of
Ayush by initiating the celebration of yoga day followed by a
presentation on Yoga practices in Sikkim and its culture.
The session was concluded by Soundarya Singh with righteous
words requesting all the members to take a pledge .

BCIHMCT is not just a institute build by students and their
enthusiastic spirits , the faculty at BCIHMCT have always been the
best in both worlds , by nurturing students to climb success on both

Academic and Extra circular fields. The faculty members practiced yog to integrate the power and tranquillity of yoga by practicing various rānāyāmās, mudra and bandha practices