



REPORT ON INTERNATIONAL YOGA DAY-2018

Theme: YOGA for Peace

INTERNATIONAL DAY OF

Yoga

International Day of Yoga is celebrated annually on 21st June since its inception in 2015. An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA). Yoga is a physical, mental and spiritual practice originated in Bharat or India. The Indian Prime Minister, Shri Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world.

The idea of International Day of Yoga was first proposed by the current Prime Minister of India, Mr. Narendra Modi during his speech at the UNGA on 27th September 2014. He stated that, “Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day”.

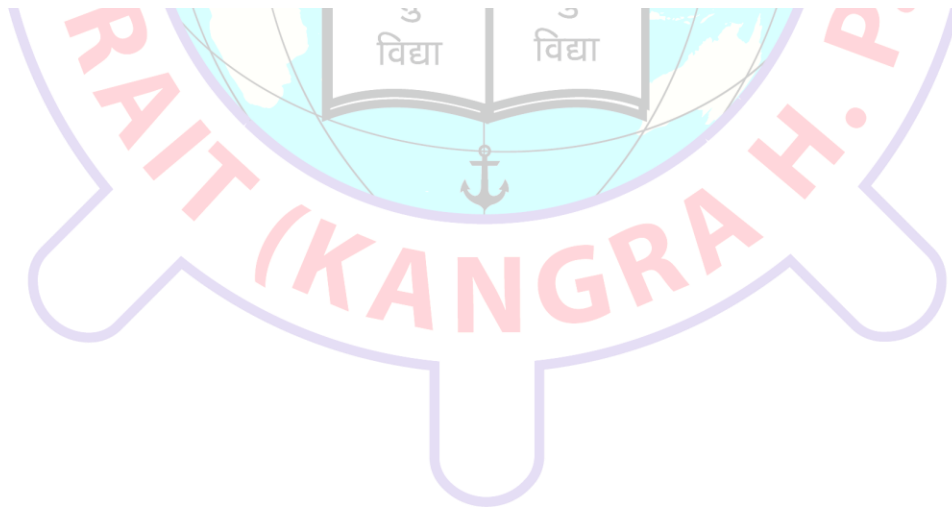
Yoga is an old discipline from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness.

Yoga is the Sanskrit word for *union*. Patanjali was a pioneer of classical yoga. He defined yoga as, “the cessation of the modification of the mind (*Stopping changing the mind*)”.

A person doing yoga will move from one posture (called *asana*) to another. For example, the "sun-salutation" contains 12 poses of asanas, one after the other, and is said to help balance body and soul. The "sun-salutation" is popularly known as "Suryanamaskar".

Benefits of yoga

Yoga has been studied and may be recommended to promote relaxation, reduce stress and improve some medical conditions such as premenstrual syndrome. Yoga is considered to be a low-impact activity that can provide the same benefits as "any well-designed exercise program, increasing general health and stamina, reducing stress, and improving those conditions brought about by sedentary lifestyles". It is particularly promoted as a physical therapy routine, and as a regimen to strengthen and balance all parts of the body.



International Yoga Day with some glimpses in

Dronacharya PG College of Education, Rait, Kangra, HP

This year also Dronacharya's Sanjeevani Club celebrated International Yoga Day. The program has started at 8:30 am in the college premise with all the staff members and students and local people.



Chief Guest Addressing audience on International Yoga Day at Dornacharya College, Rait



Our Guest of Honour Giving demonstration of Yoga Postures



Students and Faculty Practicing Yoga

Shri Jagan Thakur, SDM, Shahpur was the chief guest of the celebration. Mr. C. L. Dogra, Retd. Marine Officer and Mr. Subhash Chander, SDO, PWD, Kangra, Mr. Rohit Manbotia, Yoga Teacher, Patanjali Yogapeeth Haridwar , Mrs. Meena Dogra, Yoga Teacher and

Sister, Pooja, Prajapita Brahamakumari Isgwariya Vishwavidyalaya, Shahpur, Kangra, H. P. were the Guest of Honor. A quiz competition for all the students and the members present in the college has also been organized on the same day based on 'Yoga' and the winners of the competition were :

First Position - Ms. Rekha (B.Ed. Ist Year)

Second position- Ms. Deepika (B.Ed. IstYear) ॐ

Third Prize - Mr. Kundan (BCA II Year)



Felicitation of the Chief Guest and Guest of Honor.



Participants of International Yoga Day at Dronacharya College

Courtesy By:

- 1. Dr. Pallvi Pandit, Coordinator, Sanjeevani Club**
- 2. Mr. Rajneesh Kumar, Assistant Coordinator, Sanjeevani Club**

