Report

International Day of Yoga (21 June, 2019)

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 yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.

International Day of Yoga or commonly and unofficially referred to as Yoga Day, is celebrated annually on 21 June since its inception in 2015. An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA) on 11 December 2014. Yoga is a physical, mental, and/or spiritual practice attributed mostly to India. The Indian Prime Minister 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.

OBJECTIVES OF WORLD YOGA DAY
International Day of Yoga has been adopted to fulfill the following objectives:

- To let people know the amazing and natural benefits of yoga.
- To connect people to the nature by practicing yoga.
- To make people get used of meditation through yoga.
- To draw attention of people worldwide towards the holistic benefits of yoga.
- To reduce the rate of health challenging diseases all over the world.
- To bring communities much close together to spend a day for health from busy schedule.
- To help people in their bad situations themselves by getting relief from stress through yoga.
- To strengthen the global coordination among people through yoga.
- To make people aware of physical and mental diseases and its solutions through practicing yoga.
- To link between protection of health and sustainable health development.
- To get win over all the health challenges through regular yoga practice.
- To promote better mental and physical health of people through yoga practice.

The event started at 9:30 AM in the morning. The session was inaugurated by Prof Rajesh Khambayat. He offered floral bouquet to yoga expert Mr and Mrs Sanjay Saxena. Participants of the ongoing training programme from Bhutan were also present on this occasion. There after was a warming up session (neck rotation, shoulder rotation, hip and knee rotation etc.) which was followed by the session on Asanas.
Various asanas were performed as per the guidelines given by the Ministry. These included asanas in standing positions (such as Tadasan, Vrukasan etc.), asanas in seating position (Bhadarsan, Shashankasan etc.), Sleeping position on stomach (Bhujanghasan, Makrasan etc.), Sleeping position (Sarvangasan, Shavasan). This was followed by Pranayam. During this function various Yoga Aasanas along with benefits explained by the Yoga Expert.

The following Asanas and Postures were exercised by everybody. Everyone got the feeling of relaxation and stress-freeness.

1. NADI SODHA PRANAYAM Benefits:- Excellent breathing technique to calm and center the mind, works therapeutically for most circulatory and respiratory problems, Releases accumulated stress, Helps harmonize the left and right hemispheres of the brain, Helps purify and balance the nadis, the subtle energy channels, Maintains body temperature.

2. BHRAMARI PRANAYAM Benefits:- Instant way to relieve tension, anger and anxiety, Gives relief if you're feeling hot or have a slight headache, Helps mitigate migraines, Improves concentration and memory, Builds confidence, Helps in reducing blood pressure

3. UTTANPADASANA Benefits:- Cures stomach disorders like acidity, indigestion and constipation, Strengthens the abdominal organs, Strengthens the back and hip and thigh muscles, Helpful for those suffering from gas problems, acidity, arthritis pain, heart problems and waist pain, Cures back pain, Helps to reduce tone the stomach muscles, Helpful for loosing weight, Good for diabetes patients, Improve the function of digestive systems, Remove gases from the intestine.

4. PADMASANA Benefits:- It helps Calms the brain, increase the hungry, Helps to relax the body, stretches the ankles and knees, stimulate the abdomen, spine and bladder, stretches the spine.

PAWAN MUKTASANA Benefits:- The abdominal muscles are tensed and the internal organs are compressed which increases the blood circulation and stimulates the nerves, increasing the efficiency of the internal organs, Blood circulation is increased to all the internal organs, Digestive system is improved, Relieves constipation, Strengthens the lower back muscles and loosens the spinal vertebrae, Sterility and impotence, Reduces fats in the abdominal area, thighs and buttocks.

Coordinator of the Programme presented the vote of thank.