

International Yoga Day 2018-19



प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

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12th June, 2018

D.O.No.F. 14-13/2015(CPP-II)

Sub: Celebration of International Day of Yoga – June 21, 2018

Dear Sir/Madam,

As you may be aware, the 4th international Day of Yoga (IDY) will be held on **June 21, 2018**. In this regard, I hope you have been conducting various activities for dissemination and popularization of IDY-2018.

You are requested to submit the details of all such activities conducted by your esteemed College on the link below latest by **21st June, 2018, 05:00 pm** and also upload the same on the college website:-

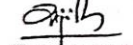
https://docs.google.com/forms/d/e/1FAIpQLSc24Sei6Ozqkdy8W0x7ciFZ9NQNWpIRLX58t7Dz53lAdTm3A/viewform?usp=sf_link

You may also share pictures and videos of IDY-2018 events on UGC's official twitter handle @ugc_india.

Look forward to your continued cooperation and active participation in making the IDY-2018 a grand success.

With personal regards,

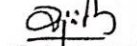
Yours sincerely,


(Rajnish Jain)

The Principals of all Colleges

Copy to:

The Publication Officer, UGC, New Delhi for uploading on UGC website.


(Rajnish Jain)

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

DATE: 21ST June, 2018

TIME: 9: 30 AM to 11:45 AM

"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day."

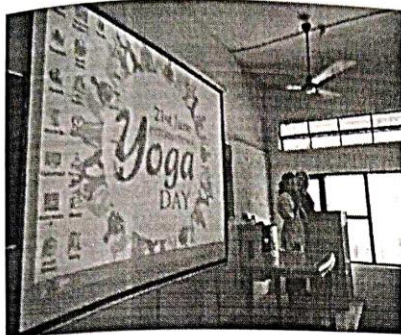
- Honorable Prime Minister of India Shri Narendra Modi

Royal College of Education and Research for Women have observed "The International Yoga Day" on 21st June to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Our students got the chance to know how yoga embodies unity of mind and body. The programme started with special assembly on the observation of 'International Yoga Day.' The assembly included the world news related to Yoga, thought for the day with the theme Yoga, Importance of Yoga, emergence of Yoga Day (Historical background), Types of Yoga Asana, Mindfulness and Yoga, Benefits of Yoga, a motivational video on Yoga and Precautions to be taken while performing yoga. Yoga is essentially a path to liberation from all bondage. Students gave the awareness about medical research in recent years has uncovered many physical and mental benefits that Yoga offers, corroborating the experiences of millions of practitioners. Students enumerated the benefits of Yoga as:-

- Yoga is beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health.
- It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many life style related disorders.
- Yoga helps to reduce depression, fatigue, anxiety disorders and stress.
- Yoga regulates menopausal symptoms.

- In essence, Yoga is a process of creating a body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life.

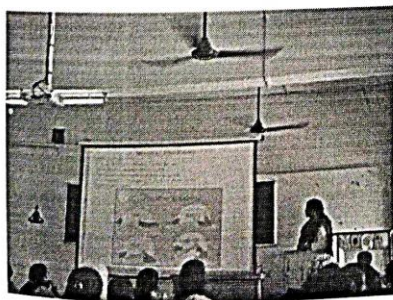
This session lasts for 1 hour.



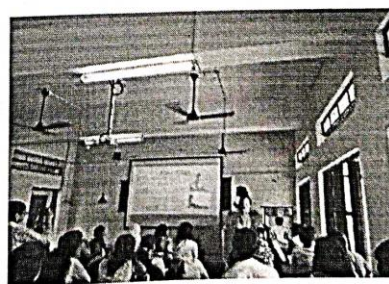
Special Assembly on 'International Yoga Day'



A student talking about 'Mindfulness and Yoga' Explanation of Breathing Techniques



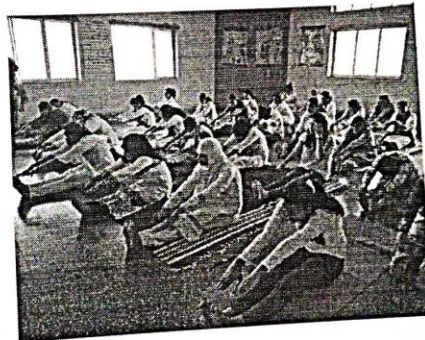
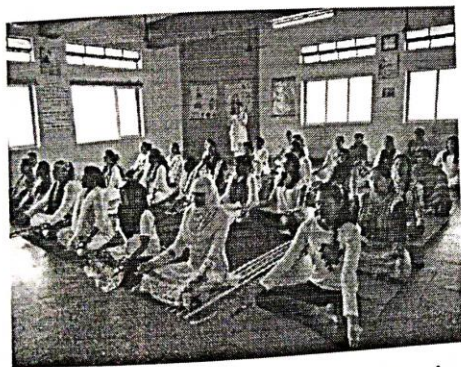
A student illustrating the benefits of Yoga



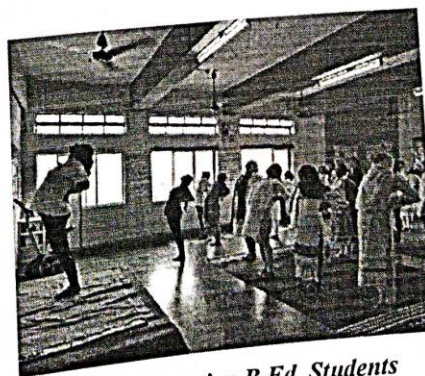
A Student explaining the types of Yoga Session

for regulating menstrual cycle.

The next session was conducted by Ms. Nanda (Yoga Instructor). She helped students to learn the positive impacts of meditation and understand the benefits of yoga for their personal and professional life. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama and meditation. Prayers were recited before and after the programme. She explained that Yoga works on the level of one's body, mind, emotion and energy. She further illustrates that how *Yoga* (where we utilize the emotion) and *Kriya* (where we utilize the energy) are interconnected. Each system of Yoga we practice falls within the range of one or more of these categories. She The students performed yogic exercises, 'Pranayam' and 'Surya Namaskar' to celebrate this day. Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well. This session also lasts for 1 hour.



Students performing on 'International Yoga Day'



Session 2 : Ms. Nanda (Yoga Instructor) instructing B.Ed. Students

