



A
REPORT
ON
"INTERNATIONAL YOGA DAY"
CELEBRATION

On
21-06-2019

Organised By
DJMIT Sports Committee
Dr. Jivraj Mehta Institute of Technology
Mogar, Anand



DR. JIVRAJ MEHTA INSTITUTE OF TECHNOLOGY
INTERNATIONAL YOGA DAY CELEBRATION
ON 21ST JUNE 2019



REPORT

“THE HEALTHY BODY LEADS TO ENLIGHTENED MIND”

INTRODUCTION:

While addressing the 69th session of United Nations General Assembly (UNGA) on September 27, 2014, the Honorable Prime Minister of India Shri. Narendra Modi urged the world community to adopt an International Day of Yoga. Based on this the UNGA declared unanimously that Yoga is physical, mental and spiritual practice originated in Bharat or India and adopted the acclamation draft resolution for observing the International Day of Yoga on 21st June every year as a special significance being the longest day of the Northern Hemisphere. Also the Ministry of Ayush gave guidelines for celebration of International Day of Yoga, on 21st June 2019 to attract more active participation of teachers and students during the current year celebration.

The purposes of celebration mentioned are as below:

- (i) To promote Yoga among youth and invoke the sentiment of National Pride in proliferating Yoga to the rest of the world.
- (ii) To adopt yoga as a part of activities to encourage physical well being.
- (iii) To focus on Common Yoga Protocol (CYP) which consists of a 45-minute sequence of relatively simple Yoga, drills put together as protocol by some of the most renowned Yoga experts in country. It is designed to provide maximum physical and intellectual benefits to the maximum number of people.
- (iv) To keep the essential facilities open during summer vacations for Yoga programs to be attended by teachers and students.

Based on the above, Following activities were carried out during the Yoga Practice:

1. Yoga Instructor carried out Yoga practice in the morning for three days i.e. 19th to 21st June 2019.
2. The willing staff and students attended the sessions on all three days.
3. Yoga banner as well as various Yogasans/ exhibition posters were placed on the walls of the practice hall.
4. Photos and videos were taken during the practice sessions.

BENEFITS OF YOGA

Yoga has many benefits for the fitness of mental and physical health. To mention a few, Yoga helps to promote relaxation, reduce stress and improve some medical conditions. Also Yoga has same benefits as any well-designed exercise program. It increases general health and stamina and reducing stress.

YOGA DAY CELEBRATION: GLIMPSES

1. Practice and information dissemination

Dates: 19-6-2019 to 20-6-2019

- Prior to these dates, information dissemination was done through messaging, video, interaction, etc. about importance of Yoga, comfortable wear, best practices, etc.
- Accordingly most of participants came in tracksuit/ comfortable wear for practicing Yoga.
- Two days practice sessions were arranged between 9.30 am to 10.30am everyday in M. Vishvesvariya Hall of DJMIT Building
- **19th June 2019**, Dr. Kajal Rao conducted the session starting with prayer for yoga. After conducting various yogasan, at the end, the participants chanted OM and the SHANTI MANTRA.
- **20th June 2019**, Prof. Mayurdhwaj Gohil conducted the session. Session began with reciting of the prayer. After that regular session of Yoga practice continued. At the end, OM chanting and the SHANTI MANTRA was performed.

2. International Yoga Day Practice:

21-06-2019

- The celebration started by inviting dignitaries on the dias to grace the occasion including Shri. Narendra Shrimali, Chairman, DJMIT, Dr. Arvindkumar M. Jain, Principal, DJMIT, Prof. Avdhoot Jejurkar, DJMIT Sports Coordinator and IYD Coordinator and Dr. Kajal Rao, HoD-English and Yoga Instructor for IYD.
- On the occasion of International Yoga Day, a brief speech was given by Dr. Arvindkumar M. Jain, Principal, DJMIT to encourage the students and staff during the start of the event and to discuss the benefits of Yoga.
- Prof. Avdhoot Jejurkar, IYD Coordinator, briefed about the event and thanked all present in the hall to make the event successful.
- On International Yoga Day, Dr. Kajal Rao conducted the session. Session began with recitation of the prayer and then Yoga practice started and at the end, the participants chanted OM and the SHANTI MANTRA.

- Various yogasan were practiced by the participants and instructors and volunteers took round to guide the participants to practice proper yogasan.
- Wholehearted participation was observed of all the staff and students of DJMIT. All the participants enjoyed Yoga Day by active participation.
- All the sessions went very well and the participants did a rhythmic practice by following the instructions given by instructor
- On all three days Instructors gave a brief lecture on Yoga and its Importance and its use in daily life for better wellbeing.
- DJMIT Coordinator was Prof. Avdhoot Jejurkar and the Yoga Sessions were organized by DJMIT Sports Committee.
- Around 65 students (UG and PG) and around 70 staff members including teaching and non-teaching staff attended the Yoga Sessions.
- Different Yogasan like OM Chanting, Shavasan, Padmasan, Sukhasan, Markatasan, Halasan, Meditation, Pranayam, Suryanamaskar, Shanti Mantra Chanting, etc were practiced on all three days.

PHOTO GALLERY ON IYD





Prepared by:
Prof. Avdhoot Jejurkar
Coordinator for "International Yoga Day"
Dr. Jivraj Mehta Institute of Technology,
Mogar, Anand