International Yoga Day Ceremony

National Institute of Technology, Hamirpur (H.P.)

21st June 2019 **Hamirpur (H.P.)**

Yoga is a spiritual process in which body actions are ordained for breathing, mind and body. Yoga originated in India almost 5000 years ago. In the 1920's, archaeologists had discovered "Indusa Saraswati civilization" in which evidence of the traditions of ancient Sanatan religion and yoga was found. The symbol of yoga was marked on coins and pieces of this civilization. Maharishi Patanjali is considered to be the father of yoga science, who had written the book called Patanjali Yogasutra and showed the path of Ashtanga Yoga. In Ashtanga Yoga, Yoga is mainly composed of eight important parts which is known as Yama, Rama, Asana, Pranayama, Pratihar, meditation, Dharana and Samadhi.

The "symbol" issued by the United Nations for the first Yoga Day

While addressing the United Nations on September 2014, Indian Prime Minister Shri Narendra Modi, while expressing his views on yoga, said, "Yoga is between the unity of

mind and body, thoughts and actions, restraint and achievement and between human and nature. It is the tangible form of harmony. This is the overall view of health and well-being. Yoga is the medium of achieving coordination with yourself and the world and nature, not just being full of exercise. Yoga can help us fight climate change by bringing changes in our lifestyle and creating awareness ".

When the proposal of the Indian Prime Minister was put in the United Nations General Assembly, 177 countries out of 193 countries of the United Nations supported it in favour of the Indian Prime Minister, in favour of International Yoga Day. On December 12, 2014, the United Nations had officially instructed to celebrate June 21, 2015 as the first International Day of the Day.

Director and other participants of the Institute participating in Yoga Camp

The Yoga Camp was organized at the National Institute of Technology, Hamirpur, on the occasion of International Yoga Day, in which about 50participants were present including the Hon'ble Director of the Institute, faculty, staff students of the institute.

Yoga instructor of Art of Living Institute, Hamirpur, Mr. Pankaj Sharma ji, conducted yoga exercises for the participants in the yoga camp.

Hon'ble Director Prof. Dr. Vinod Yadava ji, the chief guest of the program referred yoga as a complete medium of keeping the body and mind healthy and motivated the participants to create a healthy, happy personality as well as a healthy society through yoga.

Dr Ashwani Rana, Faculty Incharge (Yoga), NITH welcoming the participants of the Institute participating in Yoga Camp

Mr. Pankaj Sharma gave detailed information about Yoga to the participants in the yoga camp. He said that by doing yoga every day, our body and mind are healthy. He told us that our mind is playful, it does not understand the language of effort, but mind understands the language of practice, so we stabilize and focus our mind through yoga.

Mr. Pankaj Sharma also discussed the Shlokas of Yogasutra, Yogi Shiksh Vindhi detention by Maharishi Patanjali. After discussing in detail the benefits of Yoga related science and yoga, when the participants were ready ad mentally prepared, then the main teacher Pankaj Sharma started physical exercise.

Hon'ble Chief Guest, Director, NITH addressing the participants of the Institute participating in Yoga Camp

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Dr Himesh Handa, Assistant Faculty Incharge (Yoga), NITH presenting the Vote of Thanks to the participants in Yoga Camp

Dr. Ashwani Rana, Faculty incharge (Yoga) of the institute conducted the forum efficiently. The detailed the history of yoga was also explained. Dr. Himesh Handa thanked the Chief Guest of the program and all dignitaries present on behalf of the Institute and on behalf of Hon'ble Director who gave their respective dignity to the program by taking out their precious time. He specifically mentioned the guidance of the Director of the Institute and thanked the program organizer and Yoga Committee of National Institute of Technology, Hamirpur. He thanked all dignitaries who came to the program to make the program successful.