

Celebration of 05th International Day of Yoga on 21st June 2019 at VNIT

On 27th Sept. 2014 in the 69th session of United Nations General Assembly, Honorable Prime Minister of India Shri Narendra Modi urged the world community to adopt an International Day of Yoga. He stated "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 wellbeing. 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."

In the United Nations General Assembly on 11th Dec. 2014, the 193 members approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21st June as "International Day of Yoga.

VNIT Nagpur celebrated the **International Day of Yoga 2019** in the institute and organized a yoga session for all the faculty members and students. The session started with lighting of the lamp and garlanding the portrait of Sir Visvesvarayaji by the dignitaries. Dr. Awadhesh Pratap Singh, SAS Officer and Yoga Expert at the institute coordinated the yoga session and explained all yogic practices along with their benefits. Yogic practices were demonstrated by Kumari Jyoti, M. Sc. Student from the stage simultaneously. Hon'ble Chairman, Board of Governors, VNIT, Shri Vishramji Jamdar, Hon'ble Director Dr. P. M. Padole, Registrar Dr. S. R. Sathe, all the deans, associate deans, and heads of the departments, heads of the sections, staff members along with their family members and students of B. Tech., M. Tech., MSc. and Ph. D. scholars of the institute actively participated in yoga session and performed different yogasanas, kriya, pranayama and meditation as per the common yoga protocol.

Hon'ble Director, VNIT, Nagpur told about the importance of yoga in day to day life and how yoga can be beneficial to prevent and cure different disease and deformity in the body.

Hon'ble Chairman, Board of Governors, VNIT Shri Vishramji Jamdar, in his address to the participants encouraged to practice regular yoga to remain fit. Regular practice of yoga will surely help the students to achieve a better life, physically, mentally and spiritually as well. At the end yoga sankalp was taken by all the participants.

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Dr. Awadhesh Pratap Singh
Coordinator IDY 2019

Dean (SW)