

## **Press Note**

### **Celebration 4<sup>th</sup> International Day of Yoga 2018**

21 June, 2018

Jawaharlal Nehru University celebrated the 4<sup>th</sup> International Day of Yoga on 21 June 2018 with the enthusiastic participation of more than 750 students, faculty and staff members with the celebrations spreading from 19 June to 21 June, 2018.

On 19 June 2018, an Essay Writing Competition on Yoga was organized in Convention Centre of JNU. There were a total of 48 participants in two separate categories: Children and Youth.

On 20 June 2018 evening, lectures and meditation were organized. The Chief Guest, Yogi Dr. Ved Vrat Alok talked on Importance of Yoga in day to day life followed by Mantra Chanting and Meditation. Prof R.P. Singh, Rector –III delivered a very enlightening lecture on impact of different yogic practices on physiology of human body. He quoted several scientific studies which show that yoga practices help in reducing high blood pressure, relieving from back pain and neck pain, reducing the stress level and helping in increasing the concentration of mind and coordination of body and mind. Prof. Singh underlined the scientific basis of yoga and urged for conducting more scientific studies to realise the full potential of our ancient yogic science. Prof M. Jagadesh Kumar, Vice-Chancellor urged the participants to make Yoga as part of their daily life as it helps them to realise their full inner potential and to perform at their full potential. He said, JNU is Fit and India is Fit. He also distributed prizes and certificates to winners in Essay writing competition. Prof Madhav Govind, Associate Dean of Students delivered vote of thanks to all who made the event successful.



The International Day of Yoga was observed on 21 June 2018. The programme began with the welcome address by the Dean of Students, Prof Umesh Ashok Kadam. Prof. M Jagadesh Kumar, Vice-Chancellor addressed the participants and explained the role of Yoga in daily life and encouraged them to make it as part of their routine. He also talked about various normal physical activities linked with elimination of stress. The Yoga session was held as per the AYUSH Ministry protocol from 7.00 am to 8.00 am. It was a unique show with large gathering of faculty, students, staff, alumni and their family members in JNU campus.



**Prof. Umesh Ashok Kadam**  
**Dean of Students**