

A Report on the Three-Day Mass Yoga Programme (19 -21 June, 2018)

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Celebration of International Yoga Day on 21st June, 2018

Jawaharlal Nehru University

JNU, New Delhi

Jawaharlal Nehru University celebrated the International Day of Yoga on 21st June 2018 with enthusiastic participation of more than 750 students, faculty and staff members. Yoga events were organized and celebrated over three days, from 19th June to 21st June 2018.

Indians, since the ancient times have experienced the numerous benefits of Yoga as a way of life and a healing practice for the mind and the body. In more recent centuries, especially in the modern times more prone to mental stress and physical strife, people across the world have adopted Yoga for its scientific values and methodological virtues. JNU has also demonstrated a strong conviction towards the celebration of Yoga Day in the campus to promote and inculcate this traditional practice for healthy mind and body.

On the occasion of the 4th International Yoga Day celebration, JNU organised a Mass Yoga performance and Essay Writing Competition on Yoga and Meditation Practice from 19-21 June 2018 at JNU Convention Centre, so that the philosophy and practice of Yoga, with specific clarity of each and every *asana*, could be learned by students, teachers and staff. This programme was held in two sessions: one in the morning and another in the evening for the convenience of the large number of participants and to provide them opportunity to learn various *asanas*.

On 19 June 2018, an Essay Writing Competition on “Importance of Yoga in Daily Life” was organized at the Convention Centre of JNU. In all, there were 48 participants in two separate categories: Children and Youth.

On 20 June 2018, a lecture was delivered by the Chief Guest, Yogi Dr. Ved Vrat Alok on the “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 the physiology of human body. He quoted several scientific studies to establish that yoga practices help in reducing high blood pressure, providing relief from back pain and neck pain, reducing the stress level, and increasing the concentration of mind and the coordination of body and mind. He also asserted that Yoga helps in the

releasing the insulin from beta cells which regulate the secretion of glucose. Prof Singh underlined the scientific basis of Yoga, and urged the academic community to conduct further scientific studies to realise the full potential of our ancient Yogic science. Prof M. Jagadesh Kumar, Vice-Chancellor motivated the participants to make Yoga as part of their daily life, as it would help them to realise their full potential. He also distributed prizes and certificates to winners of the Essay Writing Competition. Prof Madhav Govind, Associate Dean of Students extended the vote of thanks.

The International Yoga Day

The International Day of Yoga was observed on 21st June 2018. More than 750 members performed Yoga with the T-shirt imprinted with the logo of International Day of Yoga and JNU. The programme began with the welcome address by the Dean of Students and JNU Vice Chancellor, Prof. M Jagadesh Kumar. The Vice-Chancellor gave a brief presentation on importance of being fit and healthy. He also talked about various normal physical activities linked with elimination of stress. Yoga session was held as per the AYUSH Ministry protocol from 7.00 am to 8.00 am. It was a unique show with a large gathering of faculty and staff with their family members, students and alumni.

All the events were photographed and video recorded. The copies of same are being provided to UGC with this letter for kind perusal and consideration.

Prof. Umesh Ashok Kadam
Dean of Students
Jawaharlal Nehru University



Jawaharlal Nehru University, New Delhi
Office of Dean of Students
organises
International Day of
YOGA 21st JUNE
4th International Day of Yoga-2018



Tuesday 19 June, 2018
Venue: JNU Convention Centre

Morning		Evening	
Name of Event	Time	Name of event	Time
Mass Yoga Performance	6.30 AM to 8.00 AM	Essay writing on Yoga	4.30PM to 6.30 PM
		*on spot Registration from 4.00PM	

Wednesday, 20 June 2018
Venue: Convention Centre

Morning		Evening	
Name of Event	Time	Name of event	Time
Mass Yoga Performance	6.30 AM to 8.00 AM	Meditation Practice	6.00PM to 6.30 PM

Thursday, 21 June 2018
Venue: Convention Centre

Name of Event	Time
Assemble at the venue	6.00 AM to 6.45 AM
Welcome address by Vice Chancellor/ Rector / DOS	6.45AM to 7.00 AM
Mass Yoga Performance (as per the protocol of AYUSH Ministry)	7.00AM to 8.00 AM
Light Refreshment	8.05 AM to 8.30AM

Registration free
Register at: <https://goo.gl/forms/GQfxD5ZN7Wm1YXQo1> or Visit <https://jnu.ac.in/yogaday>

RSVP: Organizing Committee
4th International Day of Yoga-2018

All are cordially invited
Kindly bring your Yoga Mat along with you

Contact: **Yoga Kendra**
Mob.: 9810947294; 9868151670













4th International Day of Yoga, 2018

JNU Convention Centre.