

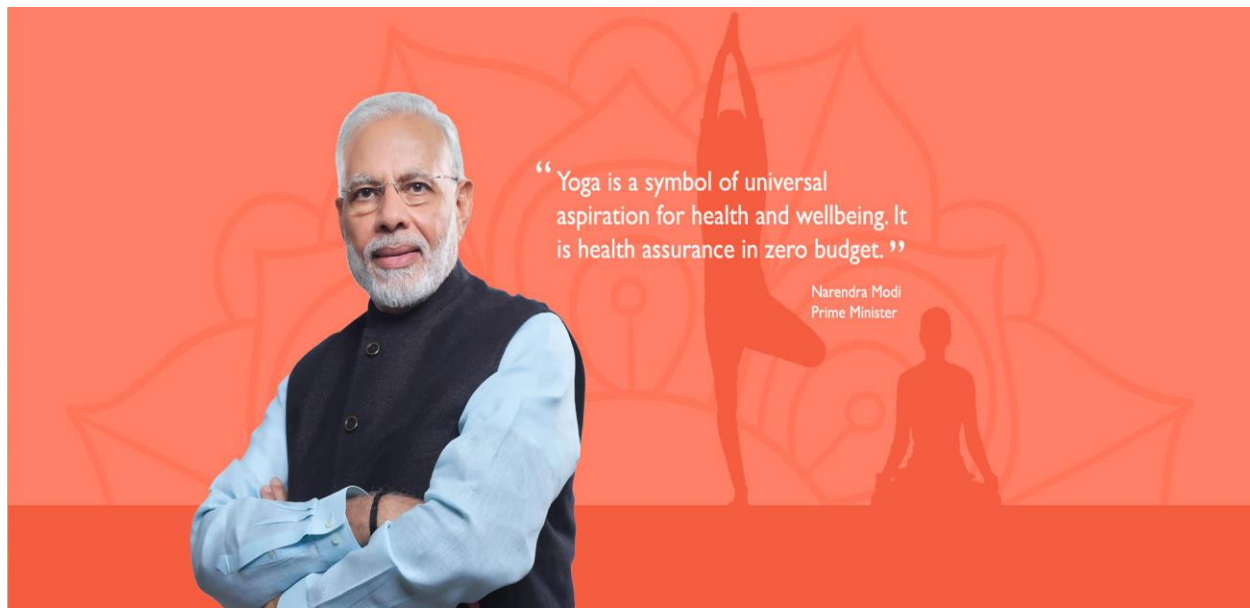
The Students' Council

Mukesh Patel School of Technology Management and Engineering SVKM'S NMIMS 2020-21

EVENT NAME: INTERNATIONAL YOGA DAY

EVENT DATE: 21st June 2021

Yoga is believed to have originated in India thousands of years ago and also finds mention in ancient mythological books like the Rig Veda. On 27 September 2014, Prime Minister Narendra Modi, during his speech at the United Nations (UN) General Assembly, proposed the idea of practicing 'Yoga Day'.



In his speech, Modi termed Yoga as an 'invaluable gift of India's ancient tradition' and highlighted the importance of yoga for maintaining 'harmony between man and

nature'. The draft resolution passed by India was backed by 177 nations and the first International Yoga Day was celebrated on June 21, 2015.

Since then, the International Day of Yoga is observed on June 21, every year, to spread awareness about the importance and effects of yoga on the health of the people.

Yoga Day is celebrated across the globe to highlight the importance of Yoga and how it has been beneficial in keeping the body and mind in sound health. Considered as a holistic approach and targeting the different systems of the body and the mind, Yoga renews the mind with confidence. It calms the mind and improves concentration and patience. Practicing asanas and pranayama regulates the purification of the internal system of the organs. The energy generated in the body through these physical exercises is then channeled into meditation for peace, stability and calm.

As we have been associated with the UGC, to honour the long-standing relationship we decided to contribute on the occasion of the '7th International Yoga Day' in reference to the UGC letter dated 14.06.2021. We decided to encourage people to practice Yoga with the theme 'Be with Yoga, Be at Home' by following the important links for celebration as mentioned by the UGC.

The numerous benefits of Yoga make it a popular practice for people across the globe, especially in times of a pandemic when mental and physical health is under stress, yoga has been playing a significant role in relieving Covid-19 anxiety. It has helped in the rehabilitation of COVID patients in quarantine and isolation since it is helpful in allaying fears and anxiety.

Every year a new theme is selected for the special day focusing on the essence of yoga and this year's theme was '**Yoga for wellness!**' as the world is still reeling under the second wave of the novel coronavirus.

Every year, Prime Minister Narendra Modi along with several other prominent dignitaries used to organize massive events in order to promote and encourage people towards yoga, but since the world witnessed the deadly coronavirus in 2020, PM Modi urged people to observe the day from the confines of their homes due to the coronavirus outbreak.



This year, people celebrated Yoga Day indoors by participating in virtual events where they performed yoga asanas. People also made themselves a part of various panel discussions to discuss this year's yoga theme. People all over the world practiced meditation, learned new yoga postures and promised themselves a healthier and fitter life.

We decided to contribute to this year's theme to highlight the importance of Yoga and the pivotal role it plays in rejuvenating our mind and the body, leading to a healthier lifestyle. We organized a live session with the aim of highlighting the importance of Yoga in our lives. As proposed by UGC, we also took a pledge to make Yoga an integral part of our lives.

The Pledge

We united together to take the pledge on the website of the Ministry of Ayush, Government of India. We pledged to make Yoga an integral part of our daily life.

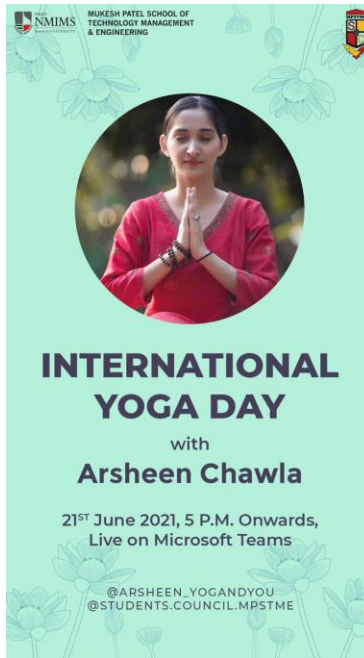




The Live Session

We held a live session for the students and faculty. Our speaker for the day was Mrs Arsheen Chawla- an experienced and renowned yoga teacher who joined us live on MS Teams.





Arsheen Ma'am commenced the session by making us chant a Prayer- The Gayatri Mantra, for the wellbeing of our spiritual health. She briefed us about the benefits of yoga, how it helps promote our physical, mental and spiritual wellbeing. She addressed how the pandemic has impacted the mental health of students and how yoga can help them cope with it.

She proceeded the session with a warm up activity consisting of Joint Yoga, followed by an Intense Warm up. She introduced us to a short everyday yoga regime consisting of various asanas like Talasana, Katichakrasana, Sarvangasana, Bhujangasana and 2 types of Pranayams. Ma'am addressed the questions of the viewers patiently and guided them with her tips and suggestions. She concluded the session on a positive note with 'Om Chanting' and emphasizing on the importance of manifesting positive thoughts in order to bring them to reality.







Overall, it was a motivational and enlightening session. A crowd of 75+ people, including students and faculty members joined us to celebrate the International Day of



Yoga. The powerful practice of meditation and yoga, especially relevant in times of a pandemic inspired the viewers greatly and the pledge helped them commit to lead a more positive and healthy lifestyle.

