



Central University of Rajasthan

NH-8, Bandarsindri, Ajmer-305 817

“INTERNATIONAL DAY OF YOGA”

21.06.2018



Report on “International Day of Yoga” Celebration on 21.06.2018

“4th International Day of Yoga” was organized by Central University of Rajasthan, Bandarsindri, Ajmer (CURaj) in collaboration with Kendriya Vidyalaya, CURAJ on June 21, 2018 in response to the letter F. No. 19-39/2018-CU.Cdn Dated: 15th June 2018 from Ministry of Human Resource Development, Department of Higher Education, New Delhi and letter DO No. F. 14-13/2015(CPP-II) Dated: 15th June 2018 from University Grants Commission about celebration of International Day of Yoga.

Department of Yoga, CURaj and Kendriya Vidyalaya, CURAJ coordinated the event. The purpose of this event was to educate and motivate the students and employees of the University about the physical, mental and spiritual benefits of Yoga along with being a part of the global event.

Dr. Chobe Shivaji, Dr. Meenakshi and Shri. Mehboob Hussain attended as Yoga demonstrators and instructors on the auspicious occasion of the “4th International Day of Yoga” celebration. Music was used as a platform to do meditation by Shri. Mehboob Hussain.

Kendriya Vidyalaya and University Staff, Faculty and students took part in this mega event and got benefited from participating in the Yoga sessions. All of them actively participated in the event. As a part of this celebration different competitions were organized related to Yoga like Yogasana demonstration, Speech on Yoga in daily life, Essay writing on Yoga and Health for the staff and students. Winners of competition will be awarded with appreciation certificates. Documentary on History of Yoga was also screened to create awareness and to gain knowledge about historical background of yoga. Literature on Yoga was distributed to the students and employees through email. Total two hundred forty participants attended the “International Day of Yoga” on 21st June, 2018. All the participants participated with great enthusiasm. The participation certificate will be provided to all the participants.

Some pictures of the event are attached herewith.



Pictures 1&2 : Starting the Common Yoga Protocol Session



Pictures 3,4,5 and 6: Yoga Asana and Pranayama Practice



Picture7 & 8: Yoga Asana Demonstration by Students



Pictures 9 &10: Speech competition



Picture 11: Documentary show on History of Yoga

Heartfelt thanks to Hon'ble Vice Chancellor Prof. Arun K Pujari and Prof. M. Krishnan, Dean (Academics) and Coordinator, Department of Yoga, Central University of Rajasthan for giving an opportunity and encouragement for employees and students to celebrate the International Day of Yoga at Central University of Rajasthan. We also thank MHRD, Department of Higher Education and UGC for promoting the importance of Yoga.

Department of Yoga
Central University of Rajasthan