



Central University of Rajasthan  
NH-8, Bandarsindri, Ajmer-305 817

5<sup>th</sup> INTERNATIONAL DAY OF YOGA



Theme: Climate Action

### Report on “International Day of Yoga” Celebration on 21.06.2019

“5<sup>th</sup> International Day of Yoga” was organized by Central University of Rajasthan (CURAJ), Bandarsindri, Ajmer in collaboration with Kendriya Vidyalaya at CURAJ campus on 21<sup>st</sup> June, 2019 in response to the letter (D.O. No. M-16011/08/2019YN Dated: 7<sup>th</sup> March 2019) received from the Ministry of AYUSH, New Delhi, India. To publicize the event, action plan/programme schedule of the “Yoga day” has been posted in the University website well in advance of the event day.

CURAJ and Kendriya Vidyalaya at CURAJ jointly conducted the event at the University campus. The purpose of this event was to educate and motivate the students, teaching and non-teaching staffs about the physical, mental and spiritual benefits of Yoga practices at daily life.

In this event, the Honorable Vice Chancellor Prof Arun K Pujari had addressed the participants with his thought on the benefit of the YOGA practice in daily life.

Yoga expert Dr. Chobe Shivaji and Shri. Mehboob Hussain had demonstrated and instructed “common yoga practices” on the occasion of the “5<sup>th</sup> International Day of Yoga” celebration.

Students, and teaching and non-teaching staffs of CURAJ and Kendriya Vidyalaya took part in this “common yoga practices” which included Surya Namaskar, Kapaalabhatti, Pranayama, Dharana/Dhyana. All the participants actively practiced all the sessions. As a part of this celebration different activities including “Demonstration of Asanans” and “Aerobic Dance” by school students were conducted. Moreover, Yoga experts also highlighted the purpose and benefit of the Yoga practices in daily life. Total two hundred participants attended the “International Day of Yoga” on 21<sup>st</sup> June, 2019. All the participants participated with great enthusiasm. The programme was ended with concluding remarks by Kendriya Vidyalaya teacher.

Some pictures of the event are attached herewith:



Picture1: Honorable Vice Chancellor Prof. Arun K Pujari addressing the gathering



Picture 2: Instructions and demonstration of Yoga Practices



Picture 3: Participants practicing yoga



Picture 4: Participants practicing Suryanamaskara



Picture 5: Participants doing Suryanamaskara



Picture 6: Participants practicing yoga



Picture 7: Participants practicing yoga



Picture 8: Participants doing Suryanamaskara



Picture 9: Participants doing Yogasana



Picture 10: Students demonstrating asana

Wholehearted thanks to Honorable Vice Chancellor Prof. Arun K Pujari of Central University of Rajasthan for giving an opportunity and enthusiasm for employees and students to celebrate the International Day of Yoga at Central University of Rajasthan.

Coordinator- Yoga Day  
Central University of Rajasthan