

**DEPARTMENT OF GEOGRAPHY
DELHI SCHOOL OF ECONOMICS
UNIVERSITY OF DELHI
CELEBRATES
INTERNATIONAL YOGA DAY, 21ST JUNE, 2019**

ACTION TAKEN REPORT

The Department of Geography, University of Delhi observed the International Yoga Day from 10:30 a.m. onwards with the students, staff members and teachers (35 persons) of the University of Delhi and its affiliated colleges. Some of the selected excerpts of the proceedings of the functions are summarized below:-

Prof. R.B. Singh – HOD, Dept. of Geography, DU

- Prof. R.B. Singh appreciated the initiatives taken by the Hon'able Prime Minister Sh. Narendra Modi for making Yoga not only a mass movement but also to help reclaim the glory of Vedic tradition of living in harmony with nature.
- The Department of Geography, University of Delhi, enthusiastically observed today as the International Yoga Day and under took various activities with the active participations of fellow students, staff and teachers.
- He also reiterated the practice of Indian traditional systems of medicine and Yoga to become a part of daily life.

Prof. D.S. Rawat – Dept. of Chemistry, DU

- Yoga is a traditional Indian scientific practice that promotes good health. It is a part of life which, if practiced, results in good health and speedy recovery from any illness..
- One of the most notable contributions in the field of science is credited to Japanes Scientist who won Nobel Prize in 2015 for demonstrating the science of “autofaithy”. This tradition of fasting now accepted as scientific

process to help to revive human body through consuming its own obsolete cells that was always a part of Indian cultural tradition.

- Therefore, it rejuvenates more than 50 trillion human cells and helps to achieve quick recovery from various diseases.

Prof. Anindita Datta, Dept. Of Geography, DU

- Dr. Datta emphasized upon the need to observe grace humanity and groundedness into our daily life to achieve oneness, completeness and peace through the practice of Yoga.
- The practice of Yoga emphasizes grace, flexibility, synchronization and oneness and this is something that academics can inculcate from the practice of yoga. It also teaches us to reconnect with our traditional roots while maintaining a worldview of vasudeva kutumbukam.

Dr. B.W. Pandey, Dept. Of Geography, DU

- Dr. B.W.Pandey called upon the students, staff members and teachers of the university to completely imbibe the practice of Yoga into their lives. He also requested all the participants to propagate and promote this valuable tradition in their neighborhoods and communities.

Dr. Punyatoya Patra, Aditi Mahavidalaya College, Dept. Of Geography, DU

- Yoga is spiritual, physiological and physical exercise/ meditation that promotes happiness, joyfulness, love and connected the fellow human beings.
- Considering body as a system, the practice of Yoga helps to remove all the impurities and dysfunction from the human body.
- This will allow rejuvenating human body and soul.

Dr. Anju Singh, Aditi Mahavidalaya College, Dept. Of Geography, DU

- Yoga promotes healthy life with strong immunity against ill health.

- It helps to overpower the negativity and inbuilt the sense of positivity and good will into human life.
- She also discussed different forms and traditions of Yoga and its benefits.

Dr. Subhash Anand, Dept. Of Geography, DU

- The practice of YOGA should be promoted across people, communities, societies and nations on the eve of International Yoga Day 21st June every year.
- In addition, Yoga must be practiced by one and all at the individual capacity to secure a life full of happiness, positive energy and well being.

Dr. Monica Ahlawat, Bhim Rao Ambedkar College, Dept. Of Geography, DU

- Yoga is a way of life connecting people to one self and God.

Dr. Aparajita De, Dept. Of Geography, DU

- Yoga is a philosophy of life, an Indian tradition that connects the physical with meta-physical aspects of human life.

Mr. Niraj Gera, Yoga Expert, Arts of Living, New Delhi

- Yoga is a innovative and scientific practice to help rediscover different human emotions and learn to smile always without specific reason.
- In this way, Yoga helps to achieve completeness of the human life.



