

Institute of Home Economics

Third International Yoga Day

21st June 2017

The third international yoga day at IHE started with high energy and enthusiasm. The NSS unit of IHE institute spearheaded couple of activities for celebrating the yoga day. We invited famous yoga expert Mr. Rajiv Shukla ji. Mr. Rajiv has done his training from Bihar School of Yoga, Munger (1993). With this he has also done his □ Yoga Teacher Training Course from Parmarth Niketan, Rishikesh (2000); Diploma in Yoga and Diploma in Naturopathy from Lajpat Bhawan, New Delhi (2003-2004) and Certificate Course in Physical Education from JNU, New Delhi (2004). He has been practicing and spreading yoga awareness further from past 27 years.

Around 40 NSS volunteers along with faculty and staff members attended the session. Mr. Rajeev Shukla, Yoga trainer along with his team members enlightened the participants about yoga and its benefits. Mr. Rajeev through his talk helped the audience to see the beautiful relation between Yoga, Science and Religion. He demonstrated several asanas including Surya Namaskar and three forms of Pranayama. Along with it many shlokas were recited. Special focus was on Gayatri Mantra. Importance of Gayatri Mantra was also shared. Highlight of the session was Chair Yoga which is necessary for the present sedentary lifestyle, which everyone enjoyed a lot. Students raised many questions related to type of asanas needed to cure various physical issues. While telling about various asanas for dealing with each issue Mr. Rajeev said that Yoga is a science to remain fit and not the science to cure.

With the lecture, yoga practice was also done. Several asanas were conducted in the open amphitheater. Main focus here was Surya namaskar. Mr. Rajiv and his team helped in sharpening the asanas of students and staff of IHE. Many students of IHE also participated in the mass demonstration which was conducted in the main university campus

With this, IHE also conducted essay writing and poster making competition to mark the event. The title was 'Importance of Yoga in 21st century'. Many students participated in it and submitted their ideas, sketching out the importance of yoga for the youth. It was a fruitful and a satisfying day. Everyone went with the hope of practicing yoga on everyday basis.















