

KG Reddy College of Engineering & Technology

(Approved by AICTE, New Delhi, Affiliated to JNTUH, Hyderabad)

Chilkur (Village), Moinabad (Mandal), R. R Dist, TS-501504

Report

On

INTERNATIONAL YOGA DAY

21-06-2021

Organized by



KGRCET NSS UNITS

At

KG REDDY COLLEGE OF ENGINEERING & TECHNOLOGY, CAMPUS

Submitted by

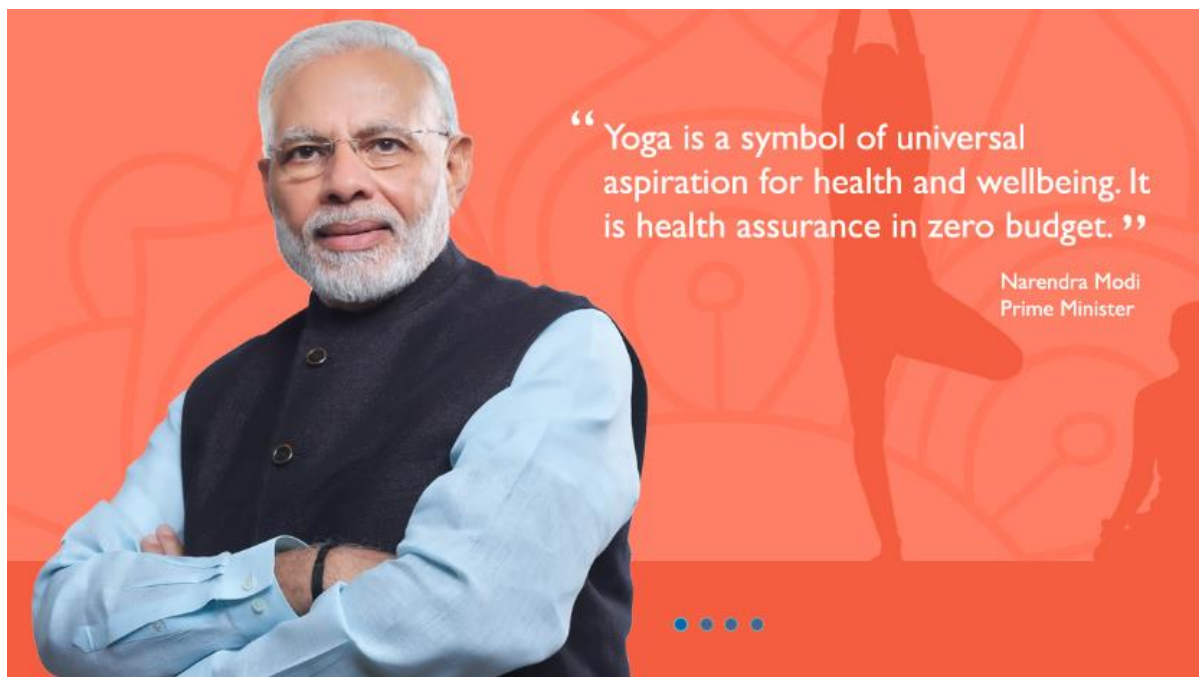
Mr. M. Rathna chary, NSS Programme officer, Assistant professor

M.R. Chary

NSS OFFICER

PRINCIPAL

Objective: To promote good mental and physical health of people through yoga. To make people aware of physical and mental diseases and its solutions through practicing yoga. To reduce the rate of health challenging diseases all over the world. Yoga good for community, immunity and unity; assumes great importance during corona crisis.



The Prime Minister of India - Shri Narendra Modi had called upon one and all to participate in the 'My Life, My Yoga' video blogging contest jointly organized by the Ministry of AYUSH(MoA). During this Corona Crisis, this yoga will help us to improve immunity power to fight against corona, that's the reason PM Narendra Modi, started this great initiation in this year.

Outcome: The NSS Units of KGR CET organized "INTERNATIONAL YOGA DAY" under the National Service Scheme (NSS) units on 21-06-2021 in the college premises and yoga from home during this lockdown period. it was attended by NSS Programme Coordinator, KGR CET faculties and more than 20 NSS volunteers. Students showed their active participation in this program.

Resource Persons:

Dr. L.V. Reddy, Yoga instructor, Head of CSE Department,

Dr. Jayahari, Dean of Academics,

Mr. M.N. Narasaiah, Head of IQAC

Mr. M. RATHNA CHARY, NSS Programme officer, Assistant professor.

All the faculty and NSS Volunteers Participated Actively in International Yoga Day

Summary Report on International Yoga Day

Venue: KGRCET college campus & Yoga from Home

Our programme was started from 20-06-202 in our college campus and in homes also. Under the Guidance of NSS Program Coordinator, NSS volunteers and whole KGRCET family members did yoga on the occasion of international yoga day. **International Day of Yoga** is celebrated annually on 21st June since its inception in 2015. An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA). Yoga is a physical, mental and spiritual practice originated in Bharat or India. The Indian Prime Minister, Shri Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world. The idea of International Day of Yoga was first proposed by the current Prime Minister of India, Mr. Narendra Modi during his speech at the UNGA on 27th September 2014. He stated that, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Let us work towards adopting an International Yoga Day". Yoga is an old discipline from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness.

Yoga is the Sanskrit word for union. Patanjali was a pioneer of classical yoga. He defined yoga as, "the cessation of the modification of the mind (Stopping changing the mind)". A person doing yoga will move from one posture (called asana) to another. For example, the "sun-salutation" contains 12 poses of asanas, one after the other, and is said to help balance body and soul. The "sun-salutation" is popularly known as "Suryanamaskar".

Benefits of yoga

Yoga has been studied and may be recommended to promote relaxation, reduce stress and improve some medical conditions such as premenstrual syndrome. Yoga is considered to be a low-impact activity that can provide the same benefits as "any well-designed exercise program, increasing general health and stamina, reducing stress, and improving those conditions brought about by sedentary lifestyles". It is particularly promoted as a physical therapy routine, and as a regimen to strengthen and balance all parts of the body.



Fig: All the faculties are participated in International Yoga Day



Fig: All the faculties are participated in International Yoga Day



Fig: NSS volunteers while doing yoga from home.



Happy International
योग दिवस