



RUKMINI DEVI

Institute of Advanced Studies

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DOSSIER

On

Dossier Submission for yoga day.

Sports Committee, RDIAS

On

Jun 26, 2018



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FORM A

Proposal :

- **Name Of the event to be organized :** Dossier Submission for yoga day.
- **Date :** Jun 26, 2018
- **Time :** 09:30 – 11:00 am
- **Venue :** Ground Floor Hall, RDIAS
- **Motivation for the activity :** • The aim of the event was to celebrate International Yoga Day as directed by Govt. of India to give effect to UN Resolution and to ensure that staff members at RDIAS not just take this as exercise but to discover the sense of oneness with oneself, the world and the nature.
- **Organized By:** Sports Committee, RDIAS

Form B

Part 1

Aim of the event :

"Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and wellbeing," Honorable Prime Minister, Narendra Modi said, adding "By changing our lifestyle and creating consciousness, it can help us deal with climate change". Yoga is a 5,000-year-old physical, mental and spiritual practice having its origin in India, which aims to transform both body and mind. **On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga.** The declaration came after the call for the adoption of June 21st as International Day of Yoga by Honorable Indian Prime Minister, Mr. Narendra Modi during his address to UN General Assembly on September 27, 2014.

Part 2

Abstract :

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.

In Suggesting June 21, which is the Summer Solstice, as the International Day of Yoga, Prime Minister Mr. Narendra Modi had said that, **"the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world."**

Yogi and mystic, Sadhguru notes the importance of this day in the yogic tradition: "On the day of the summer solstice, Adiyogi [the first yogi] turned south and first set his eyes on the Saptarishis or Seven Sages, who were his first disciples to carry the science of yoga to many parts of the world. It is wonderful that June 21 marks this momentous event in the history of humanity."

International day of yoga was celebrated whole heartedly by faculty and staff members of RDIAS, wherein trained yoga guru Mr. Rohit, was invited to demonstrate asanas of yoga. A one & half hour long session was conducted where participants practiced as per the instructions received from the yoga guru.

The session ended with the prize distribution to the best Male/ Female participant by Mr. Rohit, Yoga Guru.

Following are the details of the Winners:

Female Participant: Ms. Megha Grover

Male Participant: Mr. Manoj Kumar

Part 3

Conclusion

Noting that Yoga is “an invaluable gift of our ancient tradition”, the above activity was conducted successfully to develop daily habit of exercise to stay healthy and fit. Participants learnt a lot as well as they enjoyed the whole show.

SnapShot Of Other Activity

