



### International Yoga Day

<b>TITLE</b>	International Yoga Day
<b>Date</b>	Jun 21, 2019 - Jun 21, 2019
<b>Summary</b>	<p>Yoga is the journey of the self, through the self and to the self. The word 'yoga' is derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. It is an ancient physical, mental and spiritual practice that originated in India.</p> <p>The United Nations declared June 21 as the International Day of Yoga. The vision was to make this day into a major offering of yoga and a possibility for people of all age groups, religions, nationalities and social backgrounds to experience meditateness, expanding their perception of life from individuality to universality. Therefore, Sports Club of Rukmini Devi Institute of Advanced Studies organized a Yoga Session on June 21, 2019.</p> <p>On this occasion a Yoga session was conducted for 1 hour by Mr. Amit Kumar, Yoga Instructor from Vedic Ashtanga Yoga Center, South Extension. He explained how Yoga aims towards the prevention of disease, maintenance and promotion of health. Mr. Amit displayed various Asanas which encouraged the staff members of RDIAS and helped them in knowing the science of yoga deeply. The faculty and staff members participated with full spirit and performed various Asanas displayed by the instructor along with Pranayama. It was a healthy session which was enjoyed by the members. The event successfully ended with a pledge that each and every participant will start practicing Yoga and motivate others as well.</p> <p>Towards the end of event, Mr. Amit was presented with a token of appreciation by Dr. Manoj Kumar Gupta, Dean Admissions, Examinations and Administration. Dr. Madhu Arora was awarded as the best female performer and Dr. Imran Khan was awarded as the best male performer. Afterwards all the participants were served with refreshments.</p> <p>The event was conducted in a well-organized way and the participants felt relaxed and energetic after the session.</p> <p>Celebrating Yoga day proved to keep the staff members of RDIAS physically and mentally healthy and have a fresh start to their day. It helped in their personal and spiritual development.</p>