

MAHATMA GANDHI UNIVERSITY
P. D. HILLS, KOTTAYAM

REPORT OF
INTERNATIONAL DAY OF YOGA
CELEBRATION 2016



21 JUNE 2016

Organized By
SCHOOL OF PEDAGOGICAL SCIENCES
MAHATMA GANDHI UNIVERSITY

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INTRODUCTION

Yoga is a 5000 year old physical, mental and spiritual practice having its roots in India, which aims to transform both body, mind and spirit. The declaration came after the call for the adoption of June 21 as International day of Yoga by Honorable Indian Prime Minister Narendra Modi during the address of U.N. General Assembly on September 27, 2014 wherein he stated, "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 yourself, the world and nature." Recognizing its universal appeal, 11th December 2014, the U.N.O proclaimed 21st June as International Day of Yoga by resolution 69/131.

Organization of the Programme

The School of Pedagogical Sciences, Mahatma Gandhi University also decided to conduct a programme on International Day of Yoga. The Director and other Faculty Members discussed about the programme in the staff council. Then Faculty members and student representatives together discussed about the effective execution of the programme and finalized a programme schedule for the smooth functioning of the programme. The detailed Programme Schedule of the programme is as shown below.

PROGRAMME SCHEDULE

21-06-2016 (10.30 am)

- Prayer : **Ms. Saithya James**
M.Ed. Student, SPS
- Welcome Speech : **Dr. Jaya Jaise**
Director, School of Pedagogical Sciences
- Presidential Address : **Ajomon George**
Chairman, M.Ed. Association
- Inaugural Address : **Prof. (Dr.). T.V. Thulasidharan**
Dean, Faculty of Education
Member, Syndicate and Professor
School of Pedagogical Sciences
- Yoga Class and Demonstration: **Ms. Anitha A.K.**
Research Scholar
School of Pedagogical Sciences
- Reflections : **Mr. Suhail Rahman**
Office Assistant
School of Pedagogical Sciences
- Ms. Meenu S. Kumar**
M.Ed Student
School of Pedagogical Sciences
- Vote of Thanks : **Mr. Edwin C. Benny**
M.Ed. Student
School of Pedagogical Sciences

National Anthem

Report on International Day of Yoga

The School of Pedagogical Sciences, Mahatma Gandhi University, Kottayam observed International Day of Yoga on 21st June 2016 at 10.30 am. Dr. Jaya Jaise, Director; School of Pedagogical Sciences welcomed the gathering and spoke about the origin and importance of Yoga. M.Ed. Association chairman Mr. Ajomon George delivered the presidential address and shared his ideas on the need of celebrating International Day of Yoga. Prof. (Dr.). T.V. Thulasidharan, Dean; Faculty of Education, Member; Syndicate, Professor and Former Director, School of Pedagogical Sciences, Mahatma Gandhi University inaugurated the ceremony. He stressed on the view that Yoga is beyond the concept of religion.



Prayer – Saithya James



Welcome Speech- Dr. Jaya Jaise



Audience



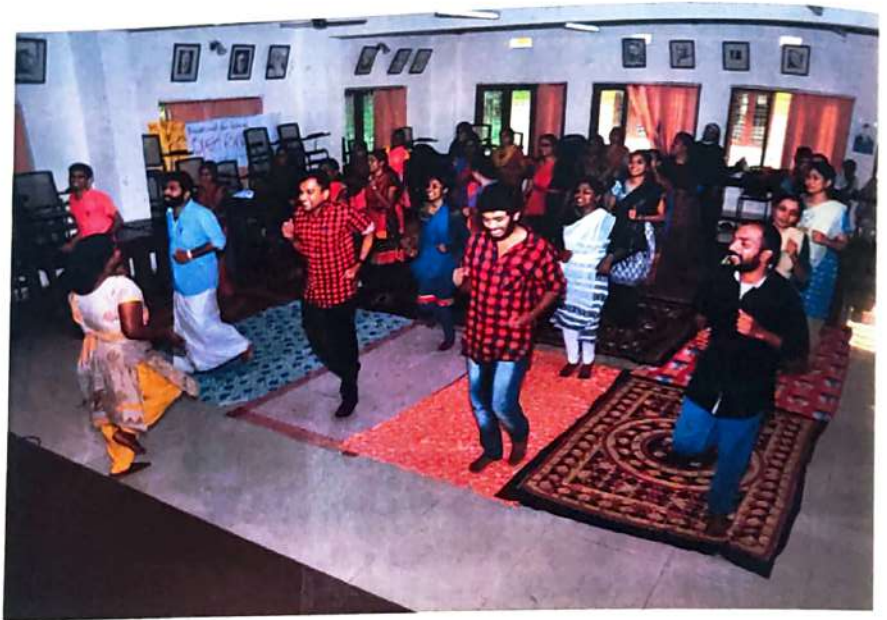
Presidential Address- Ajomon George



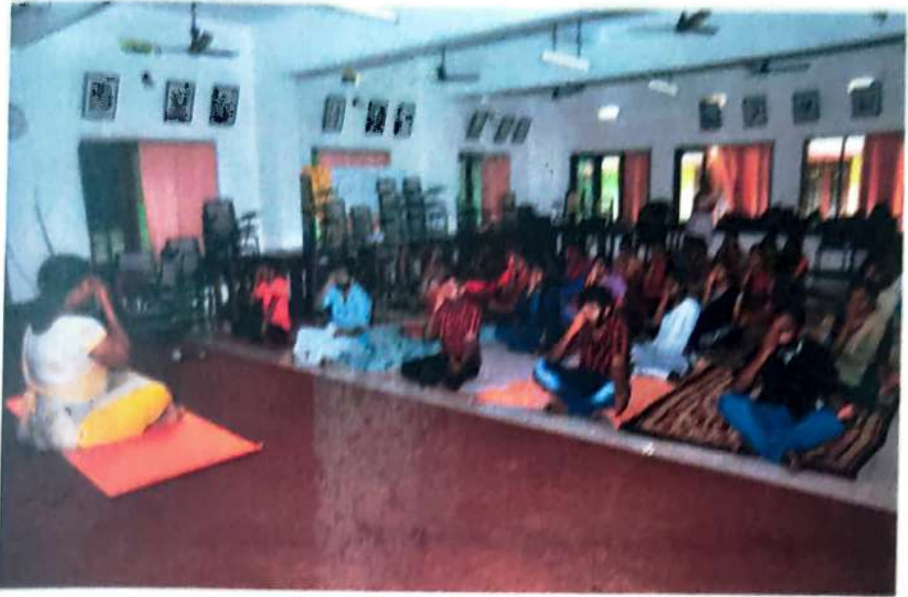
Inaugural Address- Prof. (Dr.). T.V. Thulasidharan

The coordinator of this programme was Dr. Sajna Jaleel, Assistant Professor; School of Pedagogical Sciences, Mahatma Gandhi University. She took a good effort for the success of this ceremony. The main attraction of the function was the Yoga class demonstrated by Ms. Anitha. A.K, Research Scholar; School of

Pedagogical Sciences. She explained and demonstrated various 'Asanas', 'Pranayama' and 'Meditation'. Asanas like Ardhasalabhasana, Poornasalabhasana, Viparit Salabhasana (superman), Dhanurasan, Ardhapavana Mukthasan, Poorna Pavana Mukthasan, Makarasan and Surya Namaskar (Sun Salutation). Pranayama like Nadishodan Pranayama and Bhastrika Pranayama. She also explained the importance of Yoga to lead a healthy life.



Yoga Demonstration





Ms. Anitha A.K – Yoga Demonstration



After the Yoga class Mr. Suhail Rahman, the administrative staff of School of Pedagogical Sciences, Mahatma Gandhi

University highlighted the negative impacts of commercialization of Yoga while delivering the reflections about the Yoga class and demonstration. Ms. Meenu S. Kumar, M.Ed student also delivered reflections about the class. She said that a sort of positive energy was felt during the class. Mr. Edwin C. Benny, M.Ed student; School of Pedagogical Sciences proposed the vote of thanks. The programme ended with the National Anthem. Altogether the function was a great success and evolved a spirit of unity among all of the participants.



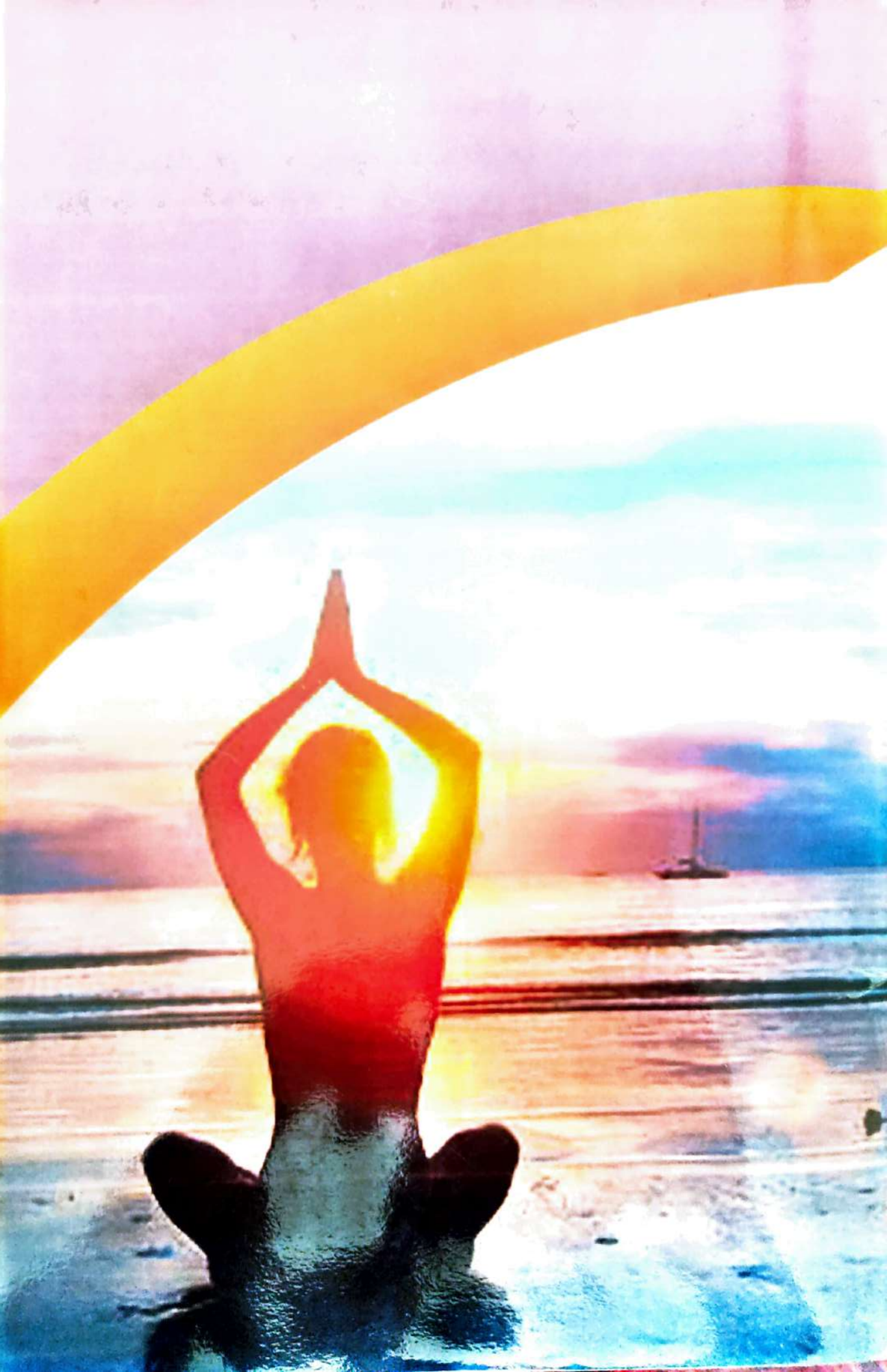
Reflections - Ms. Meenu S. Kumar



Reflections - Mr. Suhail Rahman



Vote of Thanks - Mr. Edwin C. Benny



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Yoga Demonstration