

INTERNATIONAL YOGA DAY

Yoga is not about touching your toes, it is about unlocking your ideas about what you want, where you think you can go, and how you will achieve when you get there. Yoga helps you to grow from within. Yoga is the gateway of happiness that body needs in daily life. Keeping this in view ADGITM celebrated the International Yoga Day as a four-day Yoga training cum workshop from 18th June, 2021 to 21st, June 2021.



#ADGITMYOGADAY

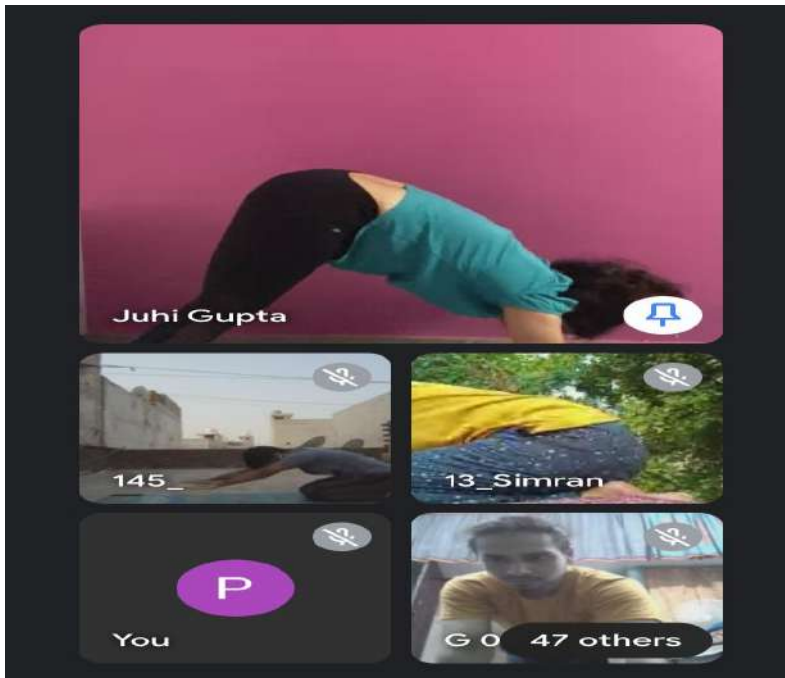
Department of Applied Science & Humanities
organizing 03 days online Yoga sessions

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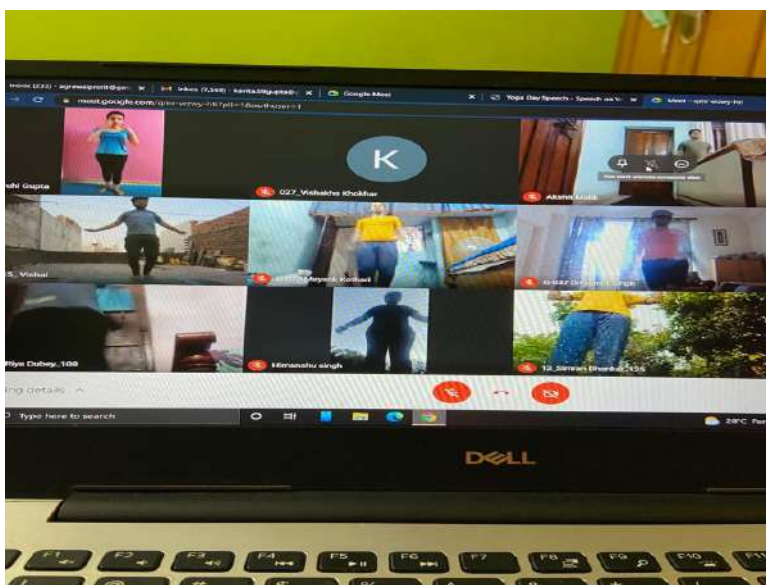
Honourable CEO Sh.S.N,Garg, respected Director Dr. Sanjay Kumar ,Assistant Director HR,Ms. Pankhuri Aggarwal and our very dear Principal Dr.Yamini Sarada graced the occasion by their presence.

This initiative started under the valuable guidance of Dr. Kavita Gupta, HOD, Dept. of Applied Science and Humanities. The sessions were conducted by well known yoga trainer Dr. Juhi Gupta. Dr. Juhi Gupta is a Ph.D in Environmental Science from Jawaharlal Nehru University. She majorly dealt with microbial bioremediation, a part of which was completed under Fulbright fellowship at California, USA. She has been practicing yoga for the last few years.

The first day started with the thought” Yoga is an essential part of our life”. Students thoroughly enjoyed the session leading further to an active and interactive start. Some of the faculty members also attended the Yoga activities. The knowledge about Yoga was imparted theoretically and practically as well. Yoga's importance both on mental and physical health was discussed by Dr. Juhi Gupta in detail. She emphasises the importance of yoga in daily life to encourage holistic development (physical, mental and social). With 94 participants on the first day, the event looked promising.



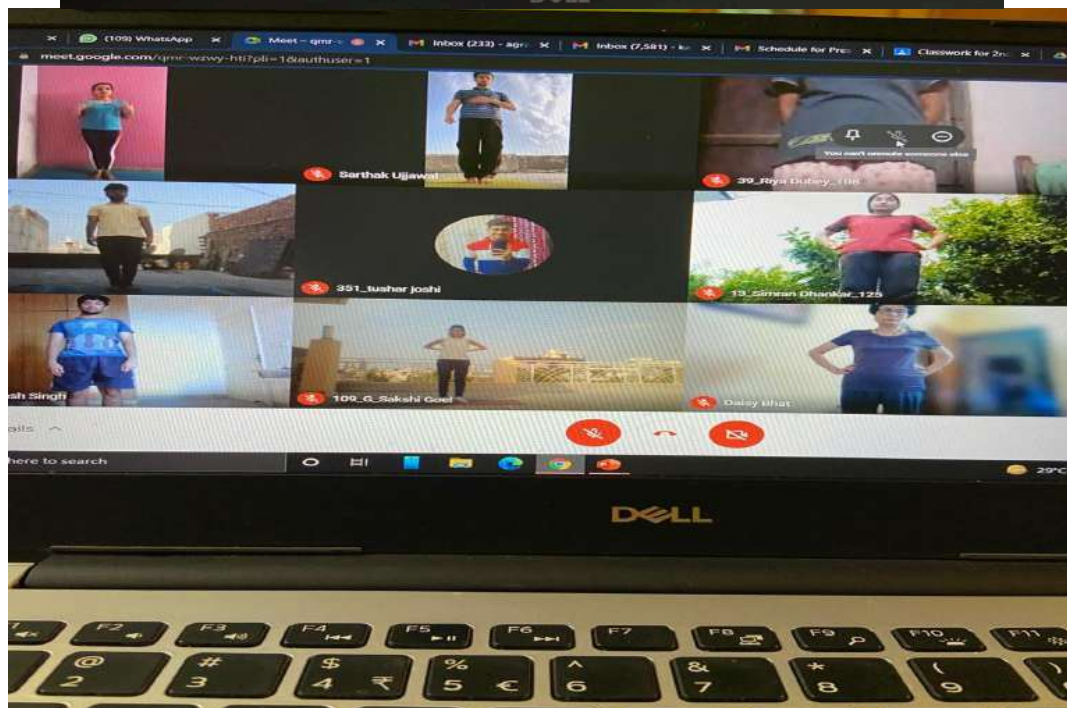
On the second day of the yoga drive the following Asanas and mudras were taught and practised, also their impact on health and mind was discussed by the Yoga expert Dr. Juhi - Kapalbhathi, Bhastrika, Anulom vilom, Brahmari, Shanmukhi mudra, Chin mudra, Aadi mudra , Sukshma vyayam (griva shakti vikasaka, bhuja wali vikasaka, pad mula vikasaka), Sthula vyayama (hrid gati), Tadasana , Vrikshasana, Janusheershasana, Paschimotanasana, Pavanamuktasana, Trikonasana and its variations Parshv konasana and its variations Sarvangasana, Ananta asana, Adho mukhshvnanasana and variations Ustrasana and Surya namaskar.



Yoga is not just to remain fit in the present but also to remain both mentally and physically healthy in future. A healthy person is truly a wealthy person in today's time- with this fervour

the session ended and leading further to the third day. On the third day Dr. Juhi explained the health benefits of various asanas and pranayama. And students were made to practice all the asanas they learnt in the last two days along with Surya Namaskar.

Apart from that, the Dept of ASH conducted a session with Dr. Juhi as the resource person in the presence of faculty members of ADGITM on 20th June. The session was particularly meant for faculties and keeping that in mind Dr. Juhi explained about asanas and postures that are helpful to release stress in the workplace as well as help in restoring mental peace. All the faculty members participated in the yoga session.

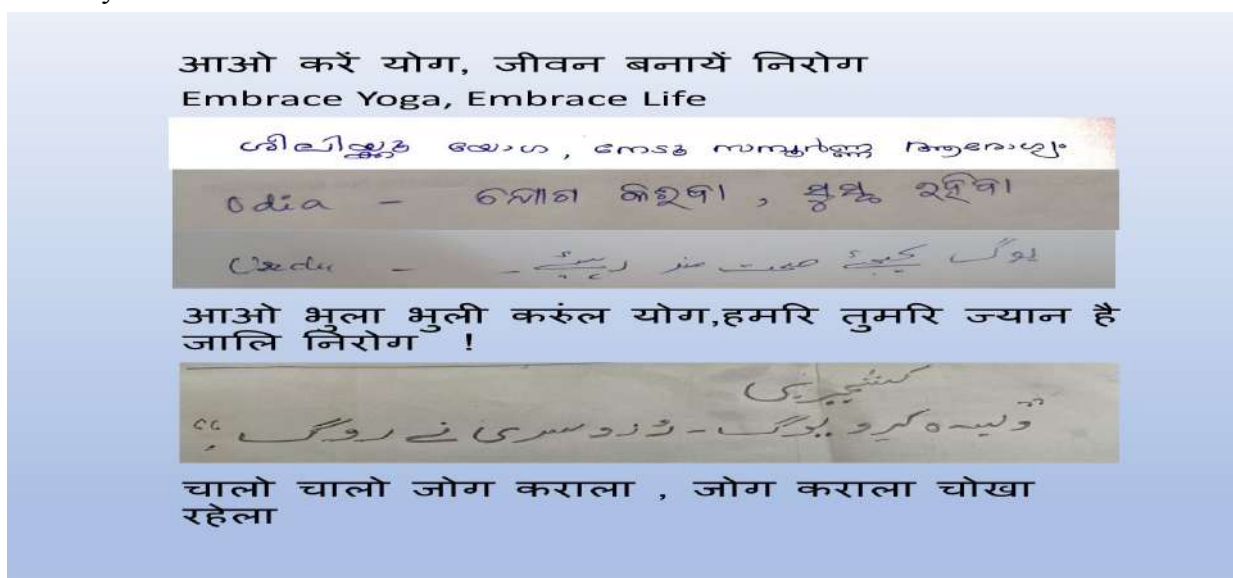


Faculty members participated and practised the asanas with keen interest. Our honourable CEO sir graced the occasion with his presence. He also encouraged the faculty members by doing the asanas along with others.

An online workshop was held On 21st June, to celebrated International Yoga Day , which was attended by faculty members from various departments. Words of appreciation by Honourable CEO Sh.S.N,Garg, and Principal Dr.Yamini Sarada raised the moral of the participating students.



Faculty members participated actively in the program by contributing slogans ,in various regional languages like Rajasthani, Malayalam, Urdu, Oria, Kashmiri representing unity in diversity theme of our nation.



Thought provoking posters designed by faculty and staff were displayed in the session The session was a colourful multicultural , healthy and helpful event .

The enthusiasm shown by the young students and dynamic faculty members endowed us with immense pleasure and encouragement to conduct more similar activities in future.

The celebrations ended with customary thanksgiving note to the honourable dignitaries and the guest of honour.