

Detailed Report
On
7th International Day of Yoga

21st June, 2021

Theme-Be with Yoga, Be at Home



Department of Yogic Science
Gurukula Kangri (Deemed-to-be University) Haridwar
Uttarakhand 249404

❖ Two programs were organized on the occasion of Yoga Day

Program 1: International Yoga Day Protocol
(6.30 to 8:00 AM)

Program 2: Prize Declaration ceremony of the National Level Essay Competition
on the Topic of 'New Education Policy & Yoga.'
(3:00 pm to 4:15 pm)

Organizing committee of the program under
International Day of Yoga-2021

- **Dr. Surendra Kumar**, Head, Department of Yogic science, Gurukula Kangri (Deemed-to-be University) Haridwar
- **Dr Udham Singh**, Assistant Professor, Department of Yogic Science, Gurukula Kangri (Deemed-to-be University) Haridwar

International Yoga Day Celebration 2021

Preamble: Yoga is the ancient Indian wisdom which has offered India a unique recognition across the world. The IDY '2021' is the 7th edition of International yoga day. We are aware that earlier in 2014 (dated 27 September), the United Nations General Assembly (UNGA) recognized 21st June as IDY and accept the initiative of Hon'ble Prime minister Shri Narendra Modi.

As the pandemic situation continues to at large and blocked the people gathering therefore, the 7th IDY has been organized at virtual platform by distinct organization. In the view of current pandemic situation, the Department of Yogic Science, Gurukula Kangri (Deemed-to-be University) decided to organize the same event at virtual platform wherein students with different streams attended very enthusiastically. It was also given stress to call the students for attending this event physically at campus. The students residing in Haridwar district were called to present in the IDY 2021 at the Department.

Theme: Be with Yoga, Be at Home

Refereeing to our Ministry of AYUSH, the ministry did not advise to organize the events physically at campus and people were advised to observe yoga day in virtual mode. To build the public interest in yoga, it was advised that maximum use of virtual, digital and electronic platforms be used this year, to maximize the message of IDY to the populations. It was encouraged the people to observe IDY '2021' by practicing common Yoga Protocol at home and the message 'Be with Yoga, Be at Home' could be spread out as much as possible.

Programs in IDY '2021'

At this auspicious day, the three programs were successfully organized by the team of Department of Yogic Science. The three programs are named herewith and their detailed report is present in the next section.

Program 1: International Yoga Day Protocol (6.30 to 8:00 AM)

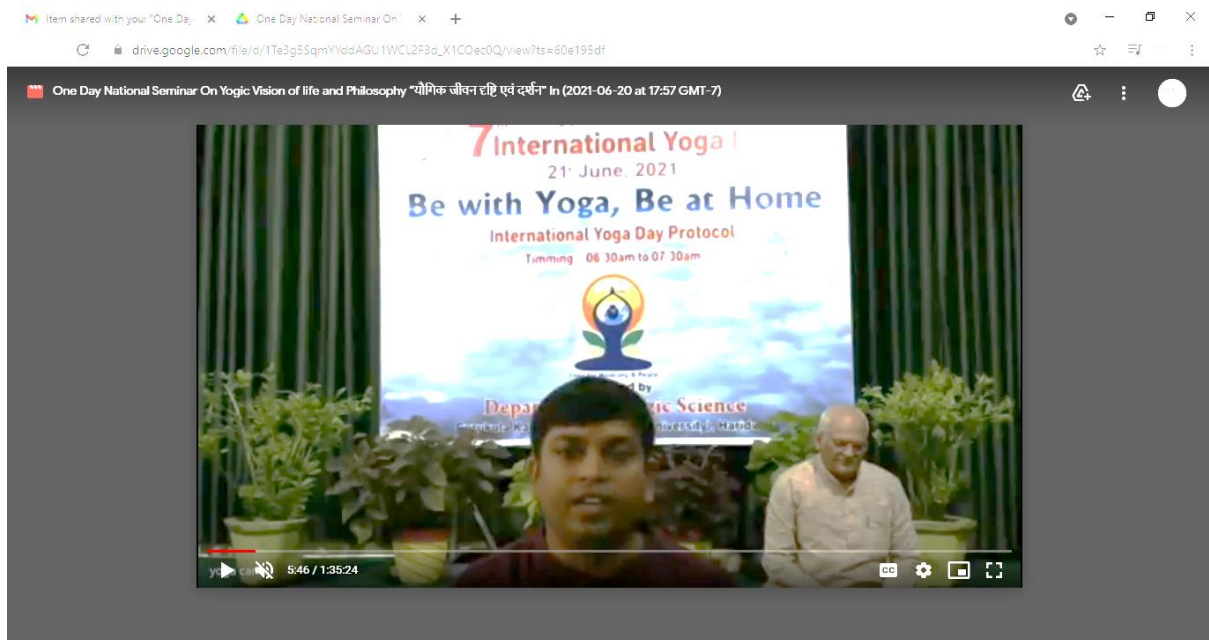
Presented dignitaries in IDY virtual event:

1. **Prof. Roop Kishore Shastri**, Vice-Chancellor, Gurukula Kangri (Deemed-to-be University)
2. **Prof. RKS Dagar**, Dean, Faculty of Yoga and Physical Education, Gurukula Kangri (Deemed-to-be University)
3. **Dr. Surendra Kumar Tyagi**, Head, Department of Yogic Science, Gurukula Kangri (Deemed-to-be University)
4. **Dr. Udham Singh**, Assistant professor, Department of Yogic Science, Gurukula Kangri (Deemed-to-be University)

The invited Vice-Chancellor of University and Students attending at virtual platform, were welcomed by Dr. Surendra Kumar Tyagi, President of the event thereafter, Dr. Udham Singh also congratulated the attendees for the IDY and blessed to have peace, bliss, and prosperity as an outcome of the International Day of Yoga 2021. He welcomed all the students through his sweet speeches and he was back bone of the event. First of all, he called all the chief guests for lighting the lamp in accordance with Indian culture. The program was conducted in following sequences:

Dr. Udham Singh, Asst. Professor, Department of Yogic Science, Gurukula Kangri (Deemed-to-be University)

All of you are warmly welcomed and greeted on the occasion of this seventh International Yoga day. The yoga science has been spreaded and preserved for the public welfare by our Indian sages. It was preserved for our physical, mental, social and spiritual progress. In the ancient texts of India, the solution of every problem related to life is found completely. In this episode, the Yama-Niyamas mentioned in Yoga, through that India will become the Guru of the entire world. It has been the culture of India that this nation has not tried to establish hegemony over the world by attacking any other country. The thinking of India has been based on the mantra 'Vasudhaiva Kutumbakam' only.

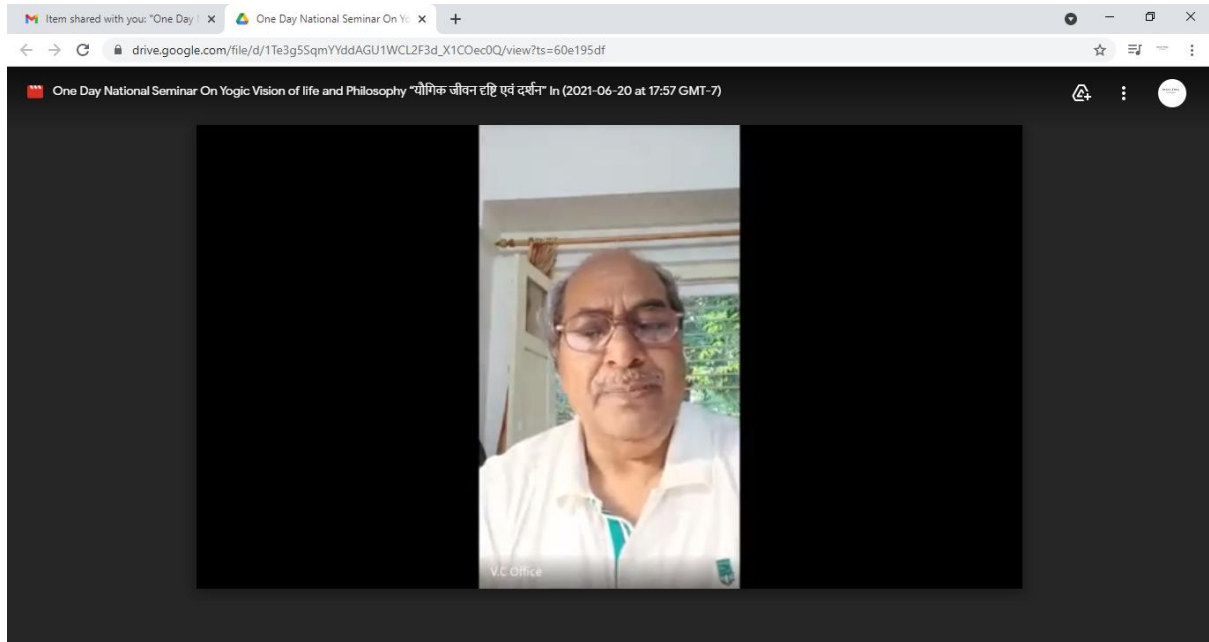


We want to rule entire world with help of yoga vidya and philosophy of yoga. Our idea is that Indian culture should be spreaded all over the world through Yoga teaching and yoga event. For this purpose, our Prime Minister Narendra Modi proposed Yoga Day in the general assembly of UN in the year 2014 and about 180 countries have agreed to his initiative. This means that the Indian thought is well respected in the world. This is a big victory for India from the ideological point of view. India has been promoting the science of Yoga since ancient times and Gurukula Kangri also promoting the yoga all over the world for many years and will continue to do so.

Prof. Roop Kishore Shastri, Vice Chancellor, Gurukula Kangri (Deemed-to-be University), Haridwar, Uttarakhand

He started with blessing and congratulated on the occasion of IDY 2021. He said, I wish you all a very happy Yoga Day. All students, teachers, and staffs are welcome in this morning bell of Yoga Day. Today it is a proud day for India because yoga has been originated in India and now entire world adopting it in daily life. Apart from UN 2014, we should also remember those Indian sages on this day who have given this yoga knowledge to whole world. Our sages have provided this important knowledge for human welfare through intensive research.

This knowledge is being appreciated not only in India but also in other countries, people are adopting it continuously in their life. Through yoga, people are conscious of making the balance of their health very well while sitting at home. First of all, I would like to wish you all who are involved in the morning yoga day, a very happy yoga day; He said.



He said that we take great pride in the fact that the Gurukula Kangri is first university of the country where the yoga teaching started and Department of Yogic science has made history in yogic science by giving its important contribution. Our passed out students who are also working in a very precious way across the countries. The sages of India, especially sage Patanjali have imparted this yoga knowledge for the welfare of mankind.

Modi ji, Ramdev ji promoted Yoga in the entire world. Gurukula Kangri (Deemed-to-be University) has also contributed a lot in this promotion. On this day, we should first of all remember Maharishi Patanjali, who has provided the yoga philosophy to the welfare of mankind. He has discussed Ashtanga Yoga of Patanjali in detail. Prof. Shastri said, not only yoga is discussed in yoga darshan, but apart from this, spirituality, practicality has been described very well.

This is a great book for welfare of world. This is auspicious creation of India's sages and yogis. Today this wealth has been spreaded all over the world. The need is that

we should promote it in a positive way by telling people about yoga role in daily life. This is the only way through which the mankind can be made to stand on the path of peace, good behavior. Two things could connect the whole world together.

1. Veda-Upanishad, because there is no interference for the Veda and Upanishad. Veda Vidya and Upanishad Vidya are being constructed for mankind.

2 Second is the science of yoga which is being adopted and practiced all over the world at present.

Yoga Vidya is not related to a particular nation, it is universal and eternal. Yoga Philosophy focuses on the spiritual, mental and social health of the human being. Yoga is not just a physical practice. In the present time, people have started understanding yoga as asana and pranayama. Yogasana and pranayama is a small part of Yogadarshan of Sage Patanjali.

Further he said, the biggest and most important part of the yoga darshan is Yama-Niyama. Sage Patanjali has considered Yama-Niyama to be the best in the whole of Ashtanga Yoga and in that too Yama is considered the best one. Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi are all called Ashtanga Yoga. There are five practices mentioned in Yama – Ahimsa, satya, asteya, brahmcharya, and aparigraha. There are also five practices in the niyama– Shaucha, santosha, tapa, svadhyaya, isvarapranidhana.

Sage Manu has said यमान् सेवान् सता न नियमान् केवलं भावान्, it means people should not only know Yamas but should follow Yamas wholeheartedly. If a person turns away from any part of Yama, then the whole of Ashtanga Yoga is destroyed. Niyama, if due to some disturbance, someone is not able to do follow niyamas, then there is no loss that much.

Sage Patanjali gave this message to mankind that Yama should be followed properly in daily life. Prof. Shastri said that along with Asana-Pranayama, people should follow yama-niyama properly in their life so that there would be no hindrance in attaining samadhi. Along with this, he wishes for a very happy Yoga Day.

Prof. RKS Dagar, Dean, Faculty of Yoga and Physical Education

Giving good wishes, he said that today, on the occasion of Yoga Day, I am feeling very happy for Department of Yogic Science, Gurukula Kangri (Deemed-to-be University). Taking forward the words of Vice-Chancellor, he said that on this day we need to pay attention to all the guidelines of Maharishi Patanjali. I would like to say that there have been talks with the Vice-Chancellor for the Department of Yoga and whenever I have talked to the Honourable Vice-Chancellor about it, he has sincerely said that we will take Department of Yogic science to the highest peak. He also appreciated the yoga camp conducted by Department of yogic science in order to spread the yoga and its message. The yoga camp was conducted from 1st June-20th June. He, then, congratulated all the participants for the IDY 2021.

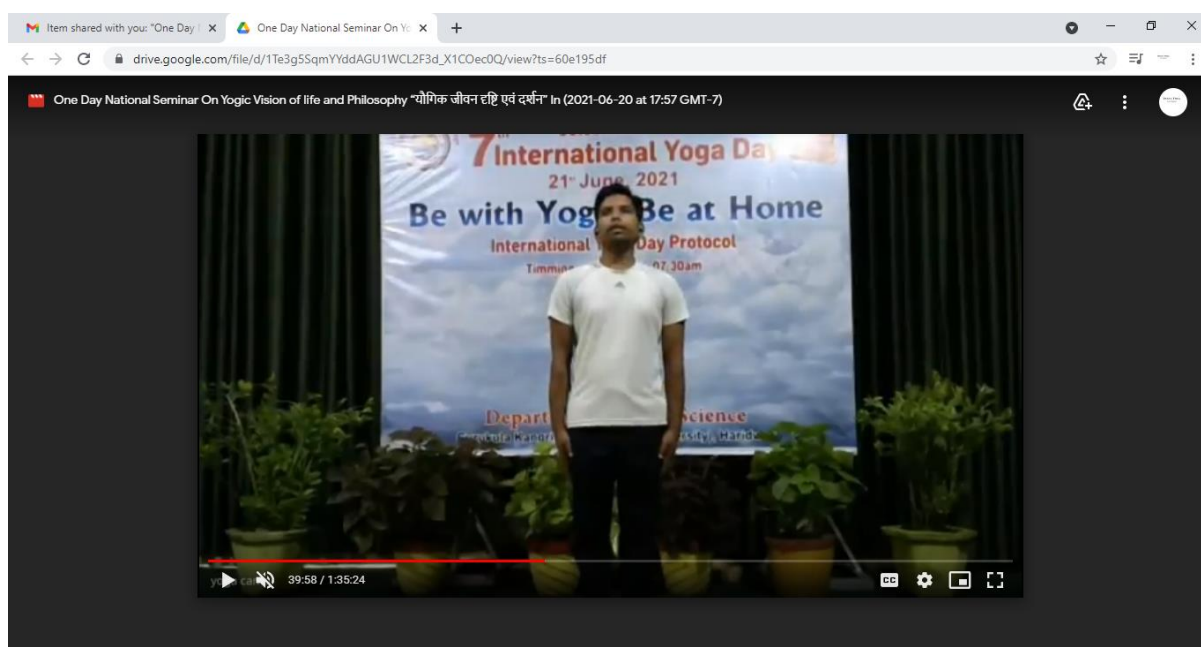
Dr. Surendra Kumar, Head, Department of Yogic science

Referring to the yoga protocol, he said that this protocol of yoga practice has been prepared by experts. It has been placed in such a way that the all-round development of the person can be achieved, complete physical and mental health can be attained, the mind can be calm and the soul can experience the ultimate happiness which the sages have envisioned. He also gave the definition of health which is as follows

-“समदोष समाग्निश्च समाधातु मलक्रिया प्रसन्नात्माइंद्रियमनः स्वस्थ इतिविधियते”, basically he quoted the above shloka that describes the features of a healthy person. Doshas must be in equilibrium, the digestive fire must be in a balanced state and the tissues and wastes must work in a normal state. The senses, motor organs, mind, and atma must be also in a pleasant state. This goal of health which sage Shushrutha provided. If in fact all these symptoms can be obtained from somewhere, then it is only and only yoga which can provide all-round physical and mental health to a person. Keeping this in mind, experts have prepared a proper yoga protocol. We hope you will benefit from this protocol. Thereafter, he said that yoga is practiced for all-round development, for the happiness, for promotion of positive health. He invited Dr. Pawan Kumar, Assistant professor, Department of Yogic Science, Gurukula Kangri (Deemed-to-be University) to lead yoga protocol.

Dr. Pawan Kumar, IDY Yoga protocol

Dr. Pawan has started the session with warming up and stretching followed by the series of micro yogic practices and some postures such as bhujangasana, downward facing dog, vrikashana padmasana, sukhasana and shavasana. The session was followed by the pranayama practice such as Nadisuddhi, Suryabhedhi, Bhramari, and Om recitation. He also conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session was very refreshing, reviving and relaxing.



Yoga for Wellness

- Timing 6.30 to 7.30
- 05 June to 21st June, 2021
- (15 Days Yoga training camp for other departmental Students, staff and general public)

Program 2: Prize Declaration ceremony of the National Level Essay Competition on the Topic of 'New Education Policy & Yoga.' From 3:00 pm to 4:30 pm

Presented dignitaries in the Prize Declaration ceremony of the National Level Essay Competition

1. **Prof. Roop Kishor Shastri**, Vice-Chancellor, Gurukula Kangri (Deemed to be University) Haridwar, President of the National Seminar
2. **Shri Brij Prakash Gupta**, President, Bharat Vikash Parishad, Uttarakhand West, Chief Guest of the program
3. **Shri Jogendra Kumar Monga**, Secretary General, Bharat Vikash Parishad, Uttarakhand West, Special guest of the program.
4. **Prof. Sunil Kumar**, Registrar, Gurukula Kangri (Deemed to be University), Haridwar, Special guest of the program.
5. **Dr. Rakesh Giri**, Former Professor, Department of Yogic Science, Gurukula Kangri (Deemed-to-be University), Chief guest of the program.
6. **Professor Surendra Kumar**, Head, Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar, Organizer of the program.
7. **Dr. Udham Singh**, Assistant Professor, Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar, Coordinator of the program.

The 3rd session was the award announcement program. On the occasion of the 7th International yoga day, Prize announcement Program of online essay competition have been conducted for students on '**New Education Policy and Yoga**', was sponsored by Bharat Vikash Parishad. Although many students participated the competition only three were able to win the prize. **Dr. Udham Singh** started the session with the introduction of the dignitary present. He said that all of you are welcome in this award announcement program. President of the Western Province of Uttarakhand, respected Shri Brij Prakash Gupta was warmly welcomed. We also warmly welcome the general secretary of Bharat Vikash Parishad, Uttarakhand, West

Province, Shri Yogendra Kumar Monga, and Dr. Rakesh Giri, former Professor of the Department of Yogic Science, participated in the event as a special guest.



Dr. Surendra Kumar, Head, Department of Yogic Science, informed about the outline of this program. He welcomed the invited guests with his words. He said that every year on the occasion of Yoga Day, we organize essay competition with Bharat Vikash Parishad. The essay competition was organized to spread track the extant knowledge of education policy and Yoga.

Like every year, this year also a program has been organized to reward those who write good essays. I thank the Bharat Vikash Parishad, with whose cooperation the essay competition was organized, which is in its last phase today. The topic of this essay competition was on Yoga and New Education Policy. An essay competition was organized to test the idea of the students regarding the new education policy and yoga. This was not only for the students of Yoga but also for those who are involved in education. He further said that we received 75 essays, out of which three students were selected by the evaluation committee. The evaluation committee included the members of Bharat Vikash Parishad and teachers of Gurukula Kangri (Deemed-to-be University), who took the decision objectively, those who were actually eligible for the award were selected. We are considering this Yoga Day as a festival and all this has happened only with the help of Bharat Vikash Parishad. On behalf of Dapartment of

Yogic Science and Bharat Vikash Parishad, I warmly welcome the distinguished guest, Prof. Rakesh Giri, who was in our midst, has retired now, I also heartily welcome and congratulate him as a special guest.

After that, **Dr. Udham Singh** presented little information on the National level essay competition while taking the program forward. He said that when the essay competition regarding the new education policy and Yoga was being decided, at that time Prof. Rakesh Giri was present in our midst. He gave his valuable suggestion in deciding the topic of the essay competition. Then Dr. Udham Singh ji invited Dr. Rakesh Giri ji to brief on what was the original purpose of organizing this essay competition.

Dr. Rakesh Giri

In the event, retired Professor Dr. Rakesh Giri told the importance of yoga in the new education policy. He warmly welcomed and greeted the students, participants and teachers present. He said that as far as the subject was concerned, what is the place of yoga in the new education policy in the essay writing competition, in what way it should be shaped? We used to expect from the children that yoga should get a special place under the new education policy. As yoga has a special contribution at the international level in health. Similarly, what can be the contribution of yoga in the new education policy? He proposed to integrate yoga with the medical education system. In colleges and universities, along with allopathic medicine, naturopathy, Ayurveda, yoga science should also be taught in the form of small courses so that there is holistic development of health. Many research papers recommend adopting yoga in various educational field. In this way, yoga should be recognized in the new education policy and it should be included in education.

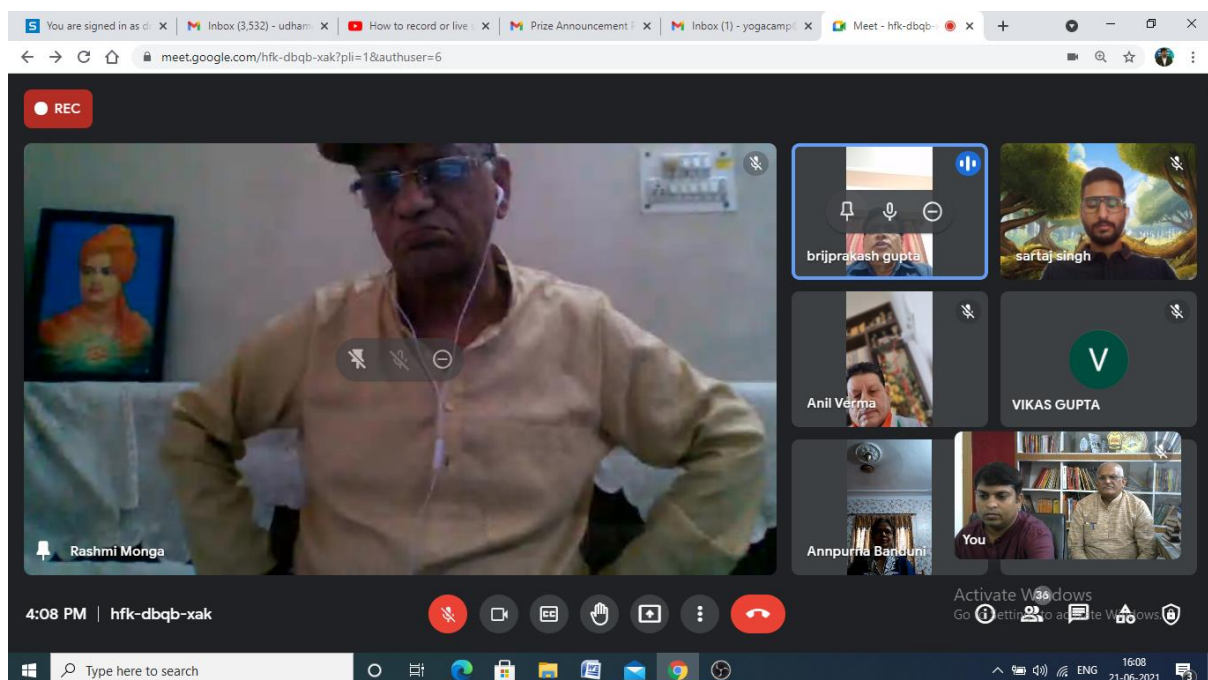
The second sector is 'health' in which yoga should be included. Yoga should be given a special place in Ayurvedic Dispensary, Allopathic Dispensary, and Homeopathic Dispensary. The benefit of this will be that doctors can also include yogic medicine in the treatment at the time of consulting different patients so that the patient becomes free from all kinds of diseases. Yoga education should also be included at the dispensary and hospital level.

Similarly, yoga can contribute to various sports programs such as swimming (in breath holding power), for body flexibility in gymnastic, for increasing the stamina of body in football. Therefore, yoga practice should be included in all these sports. In this way yoga education can be included for the children at the school level. Children's mental strength and physical health remain strong by practicing yoga.

Elementary school children can be made to practice through the game method, secondary school children can be made to practice yoga with a little more speed. At the high school level, yoga can be taught from a health point of view. In this way, yoga should be given place along with other subjects at every level of the school. In the end, he appreciated the children for participating in this essay competition. This competition was organized to promote true concept Yoga.

Shri Yogendra Kumar Monga, Secretary General, Bharat Vikash Parishad, Uttarakhand West

He said that on the occasion of Yoga Day with the help of colleagues, Department of Yogic Science, Gurukula Kangri (Deemed-to-be University) and Bharat Vikash Parishad, an essay competition was organized at the national level for undergraduate and graduate students (whose age is in between 18-35 years) wherein, 75 students from different parts of country showed interest and enthusiastically participated in the essay competition.



Expert committee reviewed 75 essays. He said that it was a very difficult task to read the essays and to select three specific essays out of them for the award, but both of them gave us a lot of support. For this we salute from the bottom of our heart. Three prizes were decided in the essay competition- first, second, and third. Three thousand rupees were fixed for the first prize, two thousand rupees for the second, and one thousand rupees for the third. He said that I thank all the children who took part in this competition and wish them all the best for their bright future.

Prof. Sunil Kumar, Registrar, Gurukula Kangri (Deemed-to-be University), Haridwar

He thanked all organizing members of the event. It's a matter of great pleasure to me that you have organized National level online essay competition on the topic 'New Education policy and yoga', which is sponsored by Bharat Vikash Parishad and Gurukula Kangri University. It is a very noble work which has been performed and sponsored by our philanthropist. I, again thanks and welcome all the dignitaries, students, and chief guest. The topic of the essay is very relevant in current scenario that is importance of yoga in New education policy. I congratulate all the students who participated in the essay competition and provided their input on the 'New education policy and Yoga'.

Dr. Surendra Kumar Tyagi, Head, Department of Yogic Science, Gurukula Kangri (Deemed-to-be University)

The winner names and prizes of the selected students for the online essay competition were announced by Prof. Surendra Kumar Tyagi. The following names were announced against first, second, and third place. Apart from that, the two other names were also announced as consolation prize. On behalf of organizing committee, Prof. Surendra Kumar Tyagi announced three names for the first, second, and third place.

1. Mr. Anuj Garg-First prize

Bsc, Gurukula Kangri (Deemed-to-be University), Haridwar

2. Mr. Sartaj Singh-Second prize,

M.A, Punjab University, Chandigarh

3. Ms. Y. Rajani- Third prize

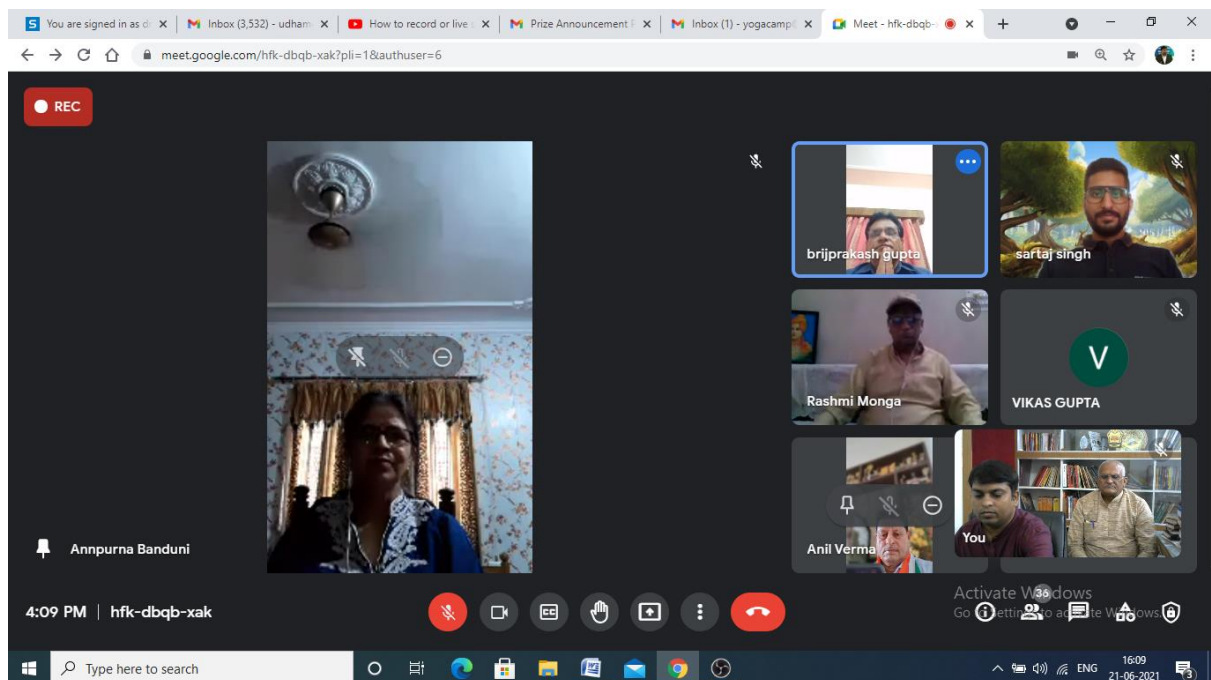
PG Diploma in Yoga, Women's college, Jamshedpur, Jharkhand

Consolation prize:

1. Mr. Karthika V

Sankaracharya Sanskrit Samsthana, Tiruvananthapuram, Kerala

2. Mr. Amardeep Chandra, PG, MSS Law College, Hyderabad.



Presidential address by Shri Brij Prakash Gupta, President, Bharat Vikash Parishad, Uttarakhand state

He greeted the participants and guests attending the event, he said that the National Essay competition was successfully organized by the well-known University of India, Gurukula Kangri and Bharat Vikash Parishad. It is our good fortune that intellectuals of this university and Bharat Vikash Parishad are present in our midst, I thank them very much.

There are many such moments in the present time and fast pace life which are putting brakes in our happiness and peace. The reason for this is stress, anxiety, irritability. In such a situation, yoga is only way to make life happy and healthy. Yoga is the oldest identity of our India which is mentioned at many places in the first scripture of the world, the Vedas. Yoga was developed and propagated by the sages after Lord Shiva. After that Lord Krishna, Mahavira, Buddha expanded the yogic wisdom and sae Patanjali established yoga in a systematic manner.

He quoted the definition of yoga given by Sage Patanjali, which is ‘योगश्चित्तवृत्ति निरोधः’ that means yoga is technique to overcome the modifications and agitations of mind. Yoga alleviates the bad thought process and it is a science to be peaceful, blissful, and achieve wellness. On the auspicious day of International yoga day, today winner names were announced for the online essay competition. Then, he congratulated all winners and gave blessings to be happy and blissful.