
A Report of International Day of Yoga 21 June, 2022



Yoga for Harmony & Peace

Department of Yogic Science
Gurukula Kangri (DU), Haridwar

Key people in organizing the event

Chief Guest

Dr. Omprakash Pandey, Space scientist

Gracious Presence

Professor Roop Kishore Shastri, Vice Chancellor, Gurukula Kangri (Deemed to be University), Haridwar, Uttarakhand, UK

Special Guest

Dr. Sunil Kumar, Registrar, Gurukula Kangri (Deemed to be University), Haridwar, Uttarakhand, UK

Director:

Dr. Surendra Kumar, Professor & Head, Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar, UK

Convenor

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

Yoga day in a brief

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.

The life of each individual is so restless, hard, peaceful, exhausting, rigid, and compact. People in daily life engage themselves at work very time and sometimes they do not get time for relaxation. The life of women is too stressful that causes many health disorders which may reduce their quality work. Therefore, there is need to populate techniques for stress management in women studying various courses. Yoga is an ancient mind-body practice that plays an important role in stress management and its related health disorders. Yoga is a type of mind-body practice, complementary treatment and non-medical solution which has been used and categorized by researchers.

Theme of IDY 2022

The theme of this year's International Day of Yoga is **"Yoga for humanity"** – a theme both fitting and timely. Refereeing to our Ministry of AYUSH, the ministry advised to propagate the yoga across the people. It was encouraged the people to observe IDY '2021' by practicing common Yoga Protocol to improve not only physical but also mental health. Yoga is beneficial for people of all ages and incomes. It can be practiced anywhere, at any time, and by people of all countries and cultures. The teaching staffs, non-teaching staffs, and students of the university actively participated in the yoga day celebration. The busy lifestyle of the present era is affecting our body and mind, due to which human life is suffering from many diseases. Through the yoga day celebration, students and staffs were given information about yoga and to enhance humanity by inculcating human values. Through yoga, even a terrible epidemic can be avoided, and wellbeing, happiness, and prosperity can be established in life. In this modern time, every woman is suffering from illness, stress, anxiety, and other health disorders. Human life can be made excellent by adopting yogic lifestyle.

The IDY event- A snapshot

Udbodhan by Prime Minister Shri Narendra Damodar Das Modi

The PM Modi's address was telecasted on Television and participants were asked to listen his address. Addressing the event at Mysuru, the Prime minister said, "Yoga brings peace to our society, nations, world and Yoga brings peace to our universe.

Yoga Protocol Practice

At the outset, the participants (e.g., teaching staffs, non-teaching staffs, students) were made to practice the common yoga protocol. It is employed to motivate the people to inculcate same practice in their daily life so that the well-being is achieved. The session was very refreshing, reviving and relaxing.

Welcome address

Dr. Udham Singh, Assistant Professor, Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar, UK

Dr Singh expressed the beautiful concept of Vasudhaiva Kutumbakam. He greeted on the occasion of this eight 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. The humanity can be preserved though the daily practice of Yoga, He said.



Dr. Surendra Kumar

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 then, welcomed all the guests and participants to celebrate the IDY and also motivated the participants to inculcate the Yoga protocol in daily life.

Chief Guest Address

Dr. Omprakash Pandey, Space Scientist

Refereeing to PM Modi's address, He said- Today, Yoga is being practiced in all parts of the world. The peace from Yoga is not only for individuals, it brings peace to our nations and the world. He then added, "The whole universe starts from our own body and soul. The universe starts from people and Yoga makes us conscious of everything within us and builds sense of awareness."

Presidential Address,

Vice Chancellor, Gurukula Kangri (Deemed to be University), Haridwar, UK

Professor Shastri said that 'on the widespread acceptance of Yoga, yoga has now become a global festival. Yoga is not only for any individual, but for the entire humanity. Therefore, this time the theme of IDY event is -Yoga for humanity". He also conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat.

Vote of thanks

Dr. Sunil Kumar, Registrar, Gurukula Kangri (Deemed to be University), Haridwar, UK

Dr. Kumar has appreciated the effort of Department of Yogic science and insists the participants to take the message of chief guest and practice yoga protocol to be healthy and happy. He then express his gratitude to invited guests and thanked to provide information on 'yoga for humanity'.

