



A Report on the event of
International Day of Yoga
IDY-2023

Theme - *Yoga for Vasudhaiva Kutumbakam*
21st June, 2023



Organized by
Department of Yogic Science
Gurukula Kangri (Deemed to be University), Haridwar
Haridwar, Uttarakhand, India

Yoga day in brief

Yoga is the ancient Indian practice as well as science, originated in the India. This traditional ancient Indian practice is now popular across the world for health, happiness, prosperity, and well-being. Yoga is an invaluable wisdom of ancient Indian tradition. Previously it was the way of life, but now it has emerged as one of the most perfect means to achieve physical, emotional, mental, intellectual and social well-being. This is in line with the definition of health given by intergovernmental institute-world health organization wherein it is said that health is a state of complete well-being at physical, mental, intellectual, and spiritual level but not merely an absence of disease.

In the definition, a term 'social well-being' comes which is achieved when people are able to create and maintain healthy, reciprocal connection with the other people around. It is similar to the term 'Vasudhaiva Kutumbakam' which means one world-one family. This emphasizes the concept of strong connection of people to each other. The IDY-2023 is the 9th edition of yoga day, was celebrated with the theme 'Yoga for Vasudhaiva Kutumbakam'. We all are aware about the proposal which has been given by the beloved prime minister of India on 27th September 2014 during United Nations' general assembly. This year yoga day is observed on the theme 'Vasudhaiva Kutumbakam' i.e., yoga for the welfare of all in the form of 'one world-one family'. This emphasizes the spirit of yoga, which unites and takes everyone along. It helps with emotional management, mood improvement, and brain clarity and also highlights the connection between the mind and the body.

Referring to the Ministry of AYUSH circular in which it is directed to propagate the yoga among each individual. Yoga is highly beneficial for people of all ages. It can be practised anywhere, at any time, and by people of all religion and cultures. The students, research scholars, teaching professionals, and non-teaching staffs of the university actively participated in the yoga day celebration. The sedentary or busy lifestyle of present era is affecting the human values and relationships among people, due to which the peaceful and cooperative environment is not being sustained at particular place. Through the yoga day celebration and yoga protocol practice,

participants were taught about how yoga can play precious role in the development of moral values and social well-being among people.

Key People in the 9th IDY-2023 Event

Organizing committee of the IDY 2023 Event

- **Director of the IDY program**

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

- **Organizing Secretary of IDY program**

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

Invited Guests in the IDY-2023

- **Chief Guest the IDY program**

Professor Somdev Satanshu, Vice Chancellor, Gurukula Kangri (Deemed to be University), Haridwar

- **Special Guest the IDY program**

Professor Sunil Kumar, Registrar, Gurukula Kangri (Deemed to be University), Haridwar

Proceedings of IDY-2023 Celebration

Welcome address and program convened by Dr. Udham Singh

Dr. Singh explained the concept behind the Vasudhaiva Kutumbakam. In this occasion, he said that the yogic science has been spreaded and preserved for the public welfare by our Indian sages and hatha yogis. It was preserved and protected for our physical, mental, emotional, social, and spiritual progress. In the various Indian scriptures and yoga texts, the solution every problem can be traced and learned to manage and overcome. The humanity, social well-being, and values can be enhanced within the self through regular practice of protocol, he said. Dr. Singh said that on the occasion of yoga day, the Dept. of Yogic Science organizing the common yoga protocol practice for all the teachers, staffs, students.

Common Yoga Protocol Practice

At the outset, the participants (e.g., teaching professionals, non-teaching staffs, research scholars, and students of different departments) were made to practice the common yoga protocol. It was employed to motivate the participants to inculcate same practice in their daily life so that a sense of social connection is achieved. The session started with warming up and stretching (e.g., Neck Bending-Griva Shakti

Vikasaka, Shoulder movement, Trunk movement-Kati shakti Vikasaka) followed by the series of standing postures (e.g., Tadasana, Vrikshana, Padahastasana, Ardha Chakrasana, Trikonasana); Sitting postures (e.g., Bhadrasana, Vajrasana, Virasana, Ardha Ustrasana, Ustrasana, Shasankasana, Vakrasana); Prone postures (e.g., Makrasana, Bhujangasana, Salbhasana), and Supine postures (e.g., Setubandhasana, Uttanpadasana, Ardhhalasana, Pavanmuktasana). The session was followed by Pranayama practice such as Nadisuddhi, Surabhedana, Bhramari, and Om recitation. After that, Shnati mantra recited to end the practice of protocol. The session was extremely refreshing, reviving and relaxing, lead by Dr. Yogeshwar Dutt, yoga instructor at department of yogic science.



Presidential address by Professor Somdev Satanshu

Speaking as the Chief guest, Professor Satanshu recalling the relentless effort of Shri Narendra Modi for getting recognition of international yoga day in 2014 United Nations' general assembly session, said that India has received unanimous support from the United Nations member states is a significant achievement for the country. The science of yoga is increased among people day by day. Yoga is an ancient practice that originated in India and has been followed through generations. The prime reason of its popularity is - International yoga day provides a platform for India to represent and promote its strong cultural heritage to the world. The yoga has been served as a means to spread Indian traditional yoga system among diverse generations. Another reason is - its impact on health and wellness promotion. Yoga is a comprehensive mind-body practice to improve health and wellness, encompassing physical, emotional, vital, mental, and spiritual well-being. International yoga day celebration helped to boost awareness and motivate people worldwide to adopt yoga as a way of life. He then, congratulated the committee to organize yoga program on common yoga protocol. He also congratulated participants for their active participation in the international yoga day celebration.



Special Guest address by Professor Sunil Kumar

Speaking as special guest, Professor Sunil said that yoga is the main practice of Indian cultural tradition and ancient Indian wisdom. It is the valuable gift to the world from India and through the yoga day India is establishing its reach in the all countries of the world. India has the strong diplomatic relations with the majority of countries of the world which highlighting and fulfilling the concept of Vasudhaiva Kutumbakam. He also mentioned the reason behind the propagation of yoga in daily lives of people- the reason is increasing interest in yoga practice among people is due to its health benefits, he said. The unity of people, citizen, and family can be achieved through yoga. He then, congratulated all participants for active participation also wished them for their welfare.



Vote of thanks by Dr. Surendra Kumar, Professor and Head, Dept. of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar

Referring to the common yoga protocol, he said that it has been prepared by renowned yoga experts; if a person practice it regularly, he/she gets physical benefits, achieve mental wellbeing, Dr. Surendra added. Further he told that this yoga protocol is a practice to be performed by all people. The protocol is a combined practice of asana, pranayam, dharana and meditation. While practice, he mentioned precautions to be taken while performing the asanas and said that yoga practice



should be done only under the guidance of a trained or specialized yoga teacher. Further he said that the yoga protocol has been prepared in such a way that the all-round development of the person can be achieved, complete physical, mental, emotional, and social well-being can be attained. He then, motivated all the participants to inculcate the common yoga practice in daily life. After the general discourse, he thanked all the dignitaries for their gracious presence in the common yoga protocol practice and their valuable inputs on the international yoga day. He also thanked all the students, research scholars, teaching professionals, and staff members for their active participation in the international yoga day celebration.

The program ended with recitation of shanti mantra followed by serving of juice to all participants.
