



# International Yoga Day

## 21 June, 2024



**Department of Yogic Science**  
Gurukula Kangri (Deemed to be University), Haridwar

A Report  
On  
**10<sup>th</sup> International Yoga Day 2024**  
(Theme- Yoga for Self-care and Society)



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

**Organizing committee**

**Dr. Surendra Kumar,**  
Head, Department of Yogic science, Gurukula Kangri (Deemed-to-be  
University) **Director of ICYHCAISRGW**

**Dr. Udham Singh**  
Assistant Professor, Department of Yogic Science, Gurukula Kangri  
(Deemed-to-be University), **Organizing secretary of ICYHCAISRGW**

## **Background:**

Yoga is the ancient Indian wisdom which has offered India a unique recognition across the world. The IDY '2024' is the 10<sup>th</sup> edition of International yoga day (IDY). We are aware that earlier in 2014 (dated 27 September), the United Nations General Assembly (UNGA) recognized 21<sup>st</sup> June as IDY and accept the initiative of Hon'ble Prime minister Shri Narendra Modi. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. IDY was celebrated by the students, non-teaching staffs, and the faculty members of Gurukula Kangri (Deemed to be University), Haridwar on 21st June 2024 with great eagerness and enthusiasm. Students from different academic streams participated enthusiastically. The event focused on encouraging maximum physical attendance to foster a sense of community and collective well-being. Students from Haridwar and nearby areas were invited to join the celebrations at the Department, contributing to a vibrant and engaging atmosphere for IDY 2024.

On 10th International Day of Yoga (IDY) on 21st June 2024, Prime Minister Shri Narendra Modi will lead the International Yoga Day Celebrations at SKICC. This year's theme, "Yoga for Self and Society," emphasizes yoga's vital role in fostering both individual well-being and societal harmony. This highlights yoga's role in individual and societal well-being. Institutions and organizations were advised to utilize both physical and virtual modes to maximize participation and spread the message of yoga effectively. Regular practice of Yoga helps to achieve better mental and physical health. Yoga is a transformative practice, representing the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfilment for self & society.

### **Proceeding of International Yoga Day Protocol (6.30 to 8:00 AM)**

1. Welcome address by Dr Udham Singh, Assistant Professor, Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar.
2. Practice of IDY Yoga protocol lead by Dr Yogeshwar Dutt, Yoga Instructor, Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar
3. Presidential address by Dr Surendra Kumar, Professor and Head, Department of Yogic Science, Gurukul Kangri (Deemed to be University), Haridwar
4. Special guest address by Dr. Ishwar Bharadwaj, Retd. Professor and Head, Department of Yogic Science, Gurukul Kangri (Deemed to be University), Haridwar
5. Chief guest address by Prof. Ambuj Kr. Sharma, Vice Chancellor (Officiating), Gurukula Kangri (Deemed to be University), Haridwar

6. Program convened & Closing remarks by Dr Udham Singh, Assistant Professor, Department of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar.

**Welcome address by**

**Dr. Udham Singh, Assistant Professor, Department of Yogic Science, Gurukula Kangri (Deemed-to-be University), Haridwar (Organizing secretary of the IDY)**

The invited guests of the University and students attending in person were warmly greeted by Dr. Surendra Kumar, 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 2024. He welcomed all the guests, faculty members, staffs, through his sweet speeches. Thereafter, he called all the chief guest, special guest, faculty members were requested for lighting the lamp in accordance with Indian culture. The program was conducted in following sequences:

**Practice of IDY Yoga protocol, Dr. Yogeshwar Dutt, Yoga Instructor, Dept. of Yogic Science, Gurukula Kangri (Deemed to be University), Haridwar**

As part of the IDY celebration on June 21, 2024, the official Yoga Protocol for IDY 2024 was followed by all participants under the guidance of Dr. Yogeshwar Dutt, Yoga Instructor, Department of Yogic Science. The session was conducted in a structured manner to ensure that everyone, regardless of their experience level, could participate and benefit from the practice. The protocol was practiced as follows: -

**1. Prayer (2 minutes):** The event commenced with a brief meditative chant to calm the mind and establish focus for the session ahead. Participants engaged in a moment of silence and introspection, preparing themselves for the practice.

**2. Warming Up (5 minutes):** To prepare the body, simple warm-up exercises were conducted. These included: Gentle neck movements (up-down, left-right). Shoulder rotations to relieve tension. Light twisting and forward bending exercises to activate and loosen the body.

**3. Standing Asanas (10 minutes):** Participants performed standing postures aimed at enhancing balance, flexibility, and strength. The following asanas were practiced: Tadasana (Palm Tree Pose): Improved posture and enhanced body awareness. Vrikshasana (Tree Pose): Helped in developing concentration and stability. Ardha Chakrasana (Half Wheel Pose): Strengthened the spine and improved flexibility, promoting back health.

**4. Sitting Asanas (10 minutes):** After the standing series, sitting asanas were performed to focus on flexibility, circulation, and relaxation. The asanas included: Bhadrasana (Butterfly



Pose): Opened the hips and promoted better blood circulation. Vakrasana (Twisting Pose): Supported spinal health and improved digestion.

Paschimottanasana (Seated Forward Bend): Aided in stretching the back, reducing stress, and calming the mind.

**5. Prone and Supine Asanas (10 minutes):** The practice continued with asanas performed in lying positions to promote spinal strength, chest opening, and deep relaxation. These asanas were: Bhujangasana (Cobra Pose): Strengthened the lower back and enhanced lung capacity. Setu Bandhasana (Bridge Pose): Promoted spine flexibility and reduced stress and anxiety. Shavasana (Corpse Pose): Allowed the body to rest and rejuvenate through complete relaxation.

**6. Pranayama (5 minutes):** Breathing exercises were conducted to regulate the breath and calm the nervous system. The pranayama techniques included: Nadi Shodhana (Alternate Nostril Breathing): Balanced the energy channels and promoted a sense of calm and clarity. Bhramari (Humming Bee Breath): Reduced mental stress and fostered inner peace through gentle humming vibrations.

**7. Meditation (5 minutes):** A short, guided meditation followed, enabling participants to experience inner stillness and mindfulness. This helped in grounding the body and mind, fostering a sense of deep relaxation.

**8. Concluding Prayer (2 minutes):** The session concluded with a prayer, expressing gratitude for the practice and wishing for peace and well-being. Positive affirmations were chanted collectively to bring the session to a serene close. Dr. Dutt 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.



**Presidential address by**

**Dr. Surendra Kumar Tyagi, Professor and Head, Department of Yogic Science, Gurukula Kangri (Deemed-to-be University), Haridwar (Organizing director of the IDY)**

On this auspicious occasion of IDY 2024, I extend my heartfelt greetings to everyone here. I wish you all a very happy Yoga Day. It brings me immense joy to see students, faculty, and staff joining together today to celebrate the power of yoga. Today is a proud day for India because yoga, which originated here, has now become an integral part of the daily lives of people worldwide. While the United Nations recognized yoga in 2014, we must also honour the great Indian sages who preserved and shared this profound knowledge with the world. Their intensive research and deep spiritual insight continue to benefit humanity. Our sages have imparted valuable knowledge for the welfare of humankind, which is now being appreciated not only in India but also across the globe. Through the practice of yoga, people worldwide have become more conscious of balancing their physical, mental, and spiritual well-being, all while sitting at home. Yoga has proven to be a tool for peace, harmony, and holistic health in every corner of the world. He highlighted the significance of this year's theme. The theme for this year's International Yoga Day, "Yoga for Self and Society," beautifully reflects the essence of yoga as a transformative practice that bridges the inner and outer worlds. In today's modern era, where technology and fast-paced lifestyles dominate our lives, there is a growing need to reconnect with ourselves. This is where yoga steps in – as a guiding light that leads us back to balance, peace, and holistic well-being.



**Special guest address by**

**Dr. Ishwar Bharadwaj, Retd. Professor and Head, Department of Yogic Science, Gurukul Kangri (Deemed to be University), Haridwar**

On this momentous occasion of the 10th International Day of Yoga, I extend my heartfelt greetings and a warm welcome to each one of you. It is a great honour for me to stand before you today as we celebrate the incredible gift of yoga, which has been passed down to us by our revered Indian sages. Yoga is not merely a physical practice; it is a profound tool for human evolution—helping us grow physically, mentally, socially, and spiritually. For thousands of years, this timeless knowledge has been preserved by our ancestors with the sole purpose of promoting the well-being of humanity.

It is with this very vision that we celebrate Yoga Day, not only as a physical practice but as a powerful cultural and spiritual movement that unites humanity in its self-care and society. The idea behind promoting yoga on a global scale is to share the benefits of this profound science with every individual, regardless of culture, race, or background. The message of yoga is universal—it transcends geographical, political, and religious boundaries. It is a philosophy that calls for harmony between the individual and the universe, promoting the well-being of all. Dr. Bharadwaj expressed deepest gratitude to all for being a part of this historic celebration. Let us all commit ourselves to continue spreading the message of yoga, not only as a physical practice but as a path to holistic well-being for society. Let us embrace the teachings of yoga in our daily lives and share its transformative power with others. May the wisdom of our ancient sages continue to guide us as we move forward, and may yoga bring peace, health, and prosperity to the entire world. Once again, I wish you all a very happy and fulfilling Yoga Day.





#### **Chief guest address by**

**Prof. Ambuj Kumar Sharma, Vice Chancellor (Officiating), Gurukula Kangri (Deemed to be University), Haridwar**

As the Vice-Chancellor of this university, I take immense pride in being part of an institution that has been a pioneer in promoting the science of yoga. Our university has always been committed to preserving and spreading the ancient wisdom of yoga, and today, we continue this legacy through our research, academic programs, and numerous yoga events. The Department of Yogic Science has been instrumental in shaping the future of yoga in India and beyond, Prof. Sharma said. We have been consistently striving to impart the profound teachings of yoga to our students, who will, in turn, carry this legacy forward and share the light of yoga with the world. Through yoga, we are reminded of the importance of care for self and society. Yoga teaches us to look inward, to observe our thoughts, our emotions, and our actions, with the goal of better understanding ourselves of self and society. This self-awareness allows us to respond to life's challenges with equanimity, without being overwhelmed by stress or negative emotions. It helps us live a more balanced life and enables us to build more meaningful connections with society.



#### **Closing Remarks by**

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

Dr. Singh acknowledged the relevance of yoga in today's fast-paced world, emphasizing how the practice serves as both a sanctuary and a guidepost. He elaborated on how yoga extends beyond the confines of physical postures and is, in fact, a way of life that fosters inner peace, ethical living, and social harmony. By drawing connections between self-discipline (Niyama) and broader societal values, he highlighted that personal transformation inevitably leads to collective growth. His words resonated deeply with the theme of this year's International Day of Yoga, "Yoga for Self and Society." Dr. Singh's speech carried a tone of warmth and reflection, intertwining the ancient wisdom of yoga with the challenges and aspirations of modern life. He thoughtfully explained that the core tenets of yoga – Yama and



Niyama – are not limited to the pursuit of personal enlightenment but are steppingstones towards creating a just and compassionate society.

In conclusion, Dr. Singh extended his gratitude to Prof. Sharma, Prof. (Dr.) Bharadwaj, and the other distinguished guests for fostering an environment where such meaningful talk on yoga's philosophy could take place. He encouraged everyone (e.g., students, research scholars, teaching and non-teaching staff) to not only pursue yoga for personal wellness but to view it as a tool for societal transformation. The session concluded with a recitation of Shanti mantra, praying for welfare for self and society).



शुक्रवार 21 जून 2024

हरिद्वार

दैनिक हरिद्वार

## योग भारतीय ज्ञान व विज्ञान का आधार है : प्रो.अम्बुज शर्मा

हरिद्वार। अन्तर्राष्ट्रीय योग दिवस के अवसर पर गुरुकुल कांगड़ी समविश्वविद्यालय के योग विभाग में आयोजित कार्यक्रम को सम्बोधित करते हुए विश्वविद्यालय के कुलपति प्रो.अम्बुज शर्मा ने कहा की योग भारतीय ज्ञान व विज्ञान का आधार है। आज समुचा विश्व योग की ओर तेजी से प्रभावित हो रहा है। समुची दुनिया ने योग की प्रमाणिकता को स्वीकार किया है। हमारे प्रधानमंत्री नरेन्द्र मोदी के नेतृत्व में योग को दुनिया के देशों ने स्वीकार किया है। निश्चय ही भारत विश्व गुरु बनने की दिशा में तेजी से अग्रसर हो रहा है।

मुख्य अतिथि के रूप में कार्यक्रम को सम्बोधित करते हुए योग के जानेमाने शिक्षाविद् प्रो.ईश्वर भारद्वाज ने कहा की योग भारतीय दर्शन की एक विधा है। जो व्यक्ति को अध्यात्मिक चिंतन व ध्यान के मार्ग पर ले जाने की दिशा में अग्रसर करती है। जिससे मानव व समाज की उन्नति का मार्ग प्रशस्त होता है। गुरुकुल कांगड़ी ने योग के क्षेत्र में अग्रणी योगदान दिया है। जिसके लिये यहाँ का प्रशासन व शिक्षक तथा प्रशिक्षक साधुवाद के पात्र है।

विभाग के विभागाध्यक्ष प्रो.सुरेन्द्र कुमार



त्यागी ने अतिथि का स्वागत करते हुए योग के विभिन्न पहलुओं से कार्यक्रम में भाग ले रहे प्रतिभागियों को अवगत कराया। योग प्रशिक्षक डा. योगेश्वर ने उपस्थित लोगों को योग के विभिन्न आसनों के बारे में जानकारी देते हुए योग के आसनों का अभ्यास कराया। कार्यक्रम का संचालन डा.ऊधम सिंह ने किया।

इस अवसर पर प्रो. सत्यदेव निगमालंकार, प्रो. पंकज मदान, डा. सुनील पंवार, डा.संगीता मदान, डा.विपिन शर्मा,

डा. बबलू वेदालंकार, डा.पवन, डा.निष्कर्ष शर्मा, डा.राजीव शर्मा, उदित, जितेंद्र मोहन, विरेन्द्र पटवाल, कुलभूषण शर्मा, सुशील रौतेला, मोहन सिंह, डा.विक्रम चौधरी, संजय, प्रकाश चन्द्र तिवारी, समीर राणा, नारायण नेगी, डा.भारत वेदालंकार, नरेन्द्र मलिक, रमेशचंद्र, वेद प्रकाश थापा, जीवन वार्ययाल, उमाशंकर, सुनील, डॉ.सुनीता रानी, नागेंद्र राणा, श्याम कश्यप, जोगेंद्र सहित विभिन्न शिक्षक व शिक्षकेतर कर्मचारी उपस्थित रहे।

### योग भारतीय ज्ञान व विज्ञान का आधार : प्रो शर्मा

हरिद्वार, 21 जून (कुलभूषण) : अन्तर्राष्ट्रीय योग दिवस पर गुरुकुल कांगड़ी सम विश्वविद्यालय के योग विभाग में आयोजित कार्यक्रम को सम्बोधित करते हुए कुलपति प्रो अम्बुज शर्मा ने कहा की योग भारतीय ज्ञान व विज्ञान का आधार है। मुख्य अतिथि प्रो. ईश्वर भारद्वाज ने कहा कि योग भारतीय दर्शन की एक विधा है, जो व्यक्ति को अध्यात्मिक चिंतन और ध्यान के मार्ग पर ले जाने की दिशा में अग्रसर करती है। विभागाध्यक्ष प्रो. सुरेन्द्र कुमार त्यागी ने योग के विभिन्न पहलुओं से कार्यक्रम में भाग ले रहे प्रतिभागियों को अवगत कराया। योग प्रशिक्षक डा. योगेश्वर ने योग के विभिन्न आसनों की जानकारी दी। कार्यक्रम का संचालन डा. ऊधम सिंह ने किया। इस अवसर पर प्रो. सत्यदेव निगमालंकार, प्रो. पंकज मदान, डा. सुनील पंवार, डा. संगीता मदान, डा. विपिन शर्मा, डा. बबलू वेदालंकार, डा. पवन, डा. निष्कर्ष शर्मा, डा. राजीव शर्मा, उदित, जितेंद्र मोहन, विरेन्द्र पटवाल, सुशील रौतेला, मोहन सिंह, डा. विक्रम चौधरी, संजय प्रकाश, चन्द्र तिवारी, समीर राणा, नारायण नेगी, डा. भारत वेदालंकार, नरेन्द्र मलिक, रमेशचंद्र, वेद प्रकाश थापा, उमाशंकर, सुनील, डॉ. सुनीता रानी, नागेंद्र राणा, श्याम कश्यप, जोगेंद्र आदि उपस्थित रहे।

### योग भारतीय ज्ञान व विज्ञान का आधार: प्रो. अम्बुज

हरिद्वार (बद्री विशाल)। अन्तर्राष्ट्रीय योग दिवस के अवसर पर गुरुकुल कांगड़ी समविश्वविद्यालय के योग विभाग में आयोजित कार्यक्रम को सम्बोधित करते हुए विश्वविद्यालय के कुलपति प्रो.अम्बुज शर्मा ने कहा की योग भारतीय ज्ञान व विज्ञान का आधार है। आज समुचा विश्व योग की ओर तेजी से प्रभावित हो रहा है। समुची दुनिया ने योग की प्रमाणिकता को स्वीकार किया है। प्रधानमंत्री नरेन्द्र मोदी के नेतृत्व में योग को दुनिया के देशों ने स्वीकार किया है। निश्चय ही भारत विश्व गुरु बनने की दिशा में तेजी से अग्रसर हो रहा है। मुख्य अतिथि के रूप में कार्यक्रम को सम्बोधित करते हुए योग के जानेमाने शिक्षाविद् प्रो. ईश्वर भारद्वाज ने कहा की योग भारतीय दर्शन की एक विधा है। जो व्यक्ति को अध्यात्मिक चिंतन व ध्यान के मार्ग पर ले जाने की दिशा में अग्रसर करती है। जिससे मानव व समाज की उन्नति का मार्ग प्रशस्त होता है। गुरुकुल कांगड़ी ने योग के क्षेत्र में अग्रणी योगदान दिया है जिसके लिये यहाँ का प्रशासन व शिक्षक तथा प्रशिक्षक साधुवाद के पात्र है। विभाग के विभागाध्यक्ष प्रो.सुरेन्द्र कुमार त्यागी ने अतिथि का स्वागत करते हुए योग के विभिन्न पहलुओं से कार्यक्रम में भाग ले रहे प्रतिभागियों को अवगत कराया। योग प्रशिक्षक डा. योगेश्वर ने उपस्थित लोगों को योग के विभिन्न आसनों के बारे में जानकारी देते हुए योग के आसनों का अभ्यास कराया। कार्यक्रम का संचालन डा.ऊधम सिंह ने किया। इस अवसर पर प्रो. सत्यदेव निगमालंकार, प्रो. पंकज मदान, डा. सुनील पंवार, डा.संगीता मदान, डा.विपिन शर्मा, डा. बबलू वेदालंकार, डा. पवन, डा. निष्कर्ष शर्मा, डा.राजीव शर्मा, उदित, जितेंद्र मोहन, विरेन्द्र पटवाल, कुलभूषण शर्मा, सुशील रौतेला, मोहन सिंह, डा.विक्रम चौधरी, संजय, प्रकाश चन्द्र तिवारी, समीर राणा, नारायण नेगी, डा.भारत वेदालंकार, नरेन्द्र मलिक, रमेशचंद्र, वेद प्रकाश थापा, जीवन वार्ययाल, उमाशंकर, सुनील, डॉ.सुनीता रानी, नागेंद्र राणा, श्याम कश्यप, जोगेंद्र सहित विभिन्न शिक्षक व शिक्षकेतर कर्मचारी उपस्थित रहे।