

GANESAR COLLEGE OF ARTS AND SCIENCE

(ACCREDITED WITH "B" GRADE BY NAAC)

MELAISIVAPURI, PONNAMARAVATHY,

PUDUKKOTTAI

DEPARTMENT OF PHYSICAL EDUCATION

INTERNATIONAL YOGA DAY REPORT 2022



**Venue: Ganesar College of Arts and Science,
Melaisivapuri.**

Date & Day: 21st June, 2022 Monday

Time: 10.30 am to 11.30 am

INTRODUCTION

Yoga is a way of life. It is predominantly concerned with maintaining a state of equanimity at all costs. All yoga schools of thought emphasize the importance of the mind remaining calm, because as the saying goes, only when the water is still can you see through it. Yoga Darshan or Yoga Philosophy also happens to be a valid discipline of Indian metaphysics (Brahma Vidya). It is the result of human wisdom and insight on physiology, psychology, ethics and spirituality collected together and practiced over thousands of years for the well being of humanity. The basic idea of yoga is to unite the atma or individual soul with the paramatma or the Universal Soul. According to Yoga philosophy, by cleansing one's mind and controlling one's thought processes one can return to that primeval state, when the individual self was nothing but a part of the Divine Self. This is the sense encapsulated in the term samadhi. The aim of the yogi is to be able to perceive the world in its true light and to accept that truth in its entirety.

INTERNATIONAL DAY OF YOGA

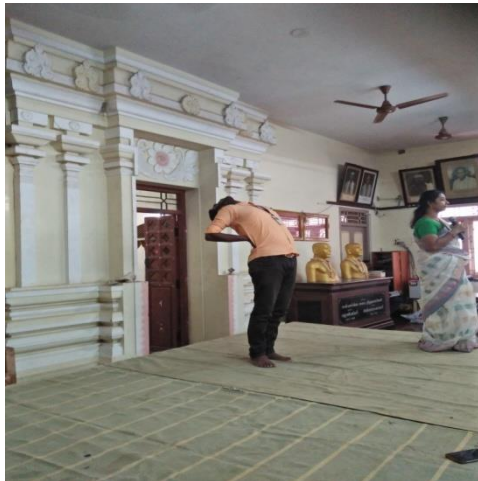
International Day of Yoga, or commonly and unofficially referred to as Yoga Day, is celebrated annually on 21 June since its inception in 2015. An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA). Yoga is a physical, mental and spiritual practice originated in India. The Indian Prime Minister Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

ACTIVITIES DONE

The students and teachers performed Yoga between 10.30 am and 11.30 am. Different yoga postures like Vrikshasana, Uttaanaasana,

Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama and meditation.

PHOTOS

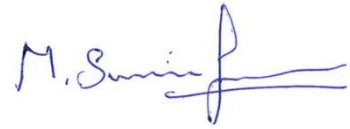


ACKNOWLEDGEMENT

The Head of the Department greatly indebted to the Management, Principal, Staff Members and Students for their support for successful completion of the event.



Dr.M.SELVARAJU



Dr.M.SURESH KUMAR