

# Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University

(NAAC Accredited "A" Grade Institution)

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## DOSSIER

*On*

**"International Yoga Day"**

*On*

21<sup>st</sup> June, 2020

<b>Title</b>	International Yoga Day
<b>Date and Time</b>	21 <sup>st</sup> June ,2020
<b>Venue</b>	Facebook Live
<b>Resource Person/Facilitator</b>	Prof. A. K. Singh, President, Delhi School of Professional Studies and Research.
<b>No. of Participants</b>	50+
<b>Summary</b>	International Yoga Day is celebrated every year on 21 <sup>st</sup> June to raise awareness worldwide about the benefits of Yoga in daily life. Yoga brings balance between body, mind and soul. It helps us to understand the purpose of life and how to survive in the changing environment. This year's theme for the International Yoga Day is 'Yoga at Home and Yoga with Family'. Due to COVID-19 pandemic, the International Yoga Day 2020 has been celebrated through online mode as per this year's yoga day theme, due to

Poojan

lockdown. Shri Narendra Modi, Prime Minister of India, addressed the nation on the occasion of International Yoga Day 2020 at 6:30 am. Following his address, demonstration of a 45-minute Common Yoga Protocol (CYP) by a team from Morarji Desai National Institute of Yoga took place.

NSS Coordinators of DSPSR celebrated the day by participating in an interactive session on 'Yoga and Happiness'. The session started with welcome address of Dr. Ruchika Ramakrishnan, Professor, Shyam Lal College, University of Delhi, and was followed by performance of different Yoga and Pranayama postures by volunteers. Thereafter, the keynote speaker, Prof. A. K. Singh, President, Delhi School of Professional Studies and Research, and Vice Chancellor of Sri Sri University, Cuttak, Odisha, emphasized on the importance of yoga and breathing exercises at the time of Covid-19. He highlighted how chanting of OM can produce positive vibrations in the body and urged the listeners to spread smile and happiness in the world.

Also, on the occasion of International Yoga Day, that is 21<sup>st</sup> June, 2020, a session on 'EMOTIONS AND OUR IMMUNE SYSTEM' was organized by NSS Cell of GGSIPU through its series of 'Mind Over Matter' online sessions where 14 NSS Volunteers of Delhi School of Professional Studies and Research, along with Ms. Poojan Bathla, Program Officer, NSS Cell DSPSR, participated. The aim of these sessions is to help individuals, especially students to develop their inner potential, manage resources of their mind and specially to cope with the current challenging situations of the Covid-19 era.

The key note speaker of the session, Dr. Mohit Gupta, a young scientist of Association of Physicians of India & "Agra-Ratna" awardee by Chief Minister of Delhi, Prof. of Cardiology, GB Pant Hospital, New Delhi, emphasized on emotional stability and calmness. He highlighted how mindful behavior can help in dealing with emotional outburst. The session concluded with questions and answers.

It was indeed a great learning experience for the participants.

**Winners**

Not Applicable

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