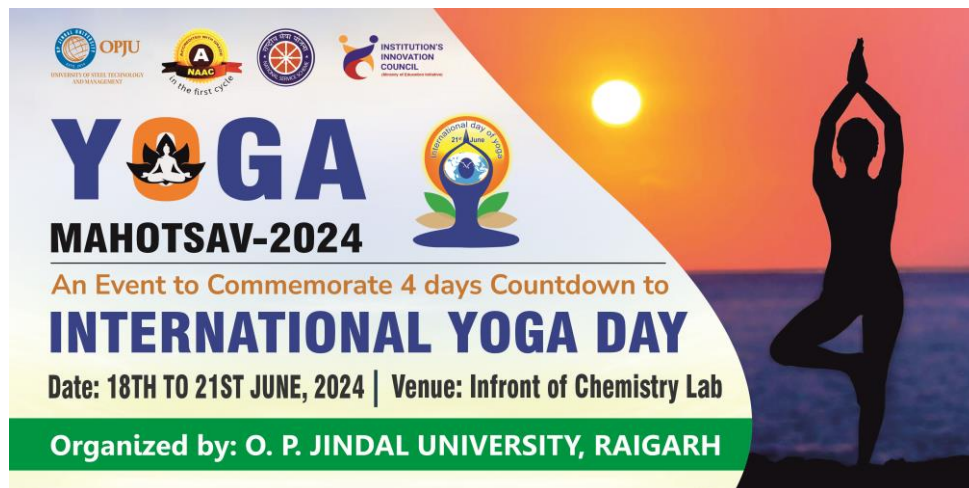


O P Jindal University, Raigarh

Report on International Yoga Mahotsav 18th to 21st June 2024



International Yoga Day is observed every year on **June 21** to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice that plays an important role in relaxing the mind and body and boosting people's immune systems.

This year, the theme of the 10th International Yoga Day was "Yoga Mahotsav." O. P. Jindal University enthusiastically celebrated **International Yoga Day as a Yoga Mahotsav from June 18-21, 2024**. During this one-week Yoga Mahotsav, all members of OPJU including students, faculty, and staff participated in the Mahotsav. They enjoyed the yoga sessions by performing Suryanamaskar and various Asanas, gaining benefits from incorporating yoga into their daily routines.

In this one-week activity, each session began with prayer and an introduction to Yoga Asana, including a demonstration of each step to ensure better performance. Before starting the session, participants engaged in basic warm-up and stretching exercises to enhance flexibility and smooth execution of the Yoga Asana. The yoga instructor, Ms. Jyoti, guided participants through various sitting and standing Asanas, explaining their significance simultaneously. The instructors emphasized the importance of incorporating yoga into daily life to maintain harmony between the body and mind.

Each session lasted over an hour and saw active participation and engagement from all attendees. The yoga instructors provided detailed explanations of each pose and offered guidance on necessary precautions. The purpose of these yoga sessions was to encourage participants to practice regular yoga to remain fit and healthy.

Ms. Jyoti, the yoga instructor, taught the importance and objectives of yoga in life during the one-week session. She emphasized how to maintain harmony between the body and mind through regular yoga practice.

International Yoga Day-2024

3 messages

Dr Amit Paras <amit.paras@opju.ac.in>

Fri, Jun 14, 2024 at 3:22 PM

To: allfacultyandstaff@opju.ac.in, allstudents@opju.ac.in

Cc: "Dr R. D. Patidar" <rd.patidar@opju.ac.in>, Anurag Vijaywargiya <anurag@opju.ac.in>, Surendra Dwiwedi <surendra.dwiwedi@opju.ac.in>, Jyoti Sahu <jyoti.sahu@opju.ac.in>, Komal Sharma <komal.sharma@opju.ac.in>, Sanjay Singh <sanjay.singh@opju.ac.in>

Celebration of International Yoga Mahotsav-24



We would like to inform you all that O P Jindal University is celebrating International Yoga Mahotsav on occasion of International Yoga Day. To celebrate Yoga Mahotsav enthusiastically OPJU is organizing a one week Yoga session for all the faculty, staff, students of OPJU, SSD, OPICC, Security and Housing Colony members at OPJU campus in front of the Chemistry Lab from 18-21 June, 2024 at 6:00 AM.

Yoga is a systematic practice of physical exercise breath control, relaxation, diet control, positive thinking and meditation aimed at developing harmony in the body, mind and environment. The practice entails low-impact physical activity, postures (called asanas), breathing techniques (pranayama), relaxation, and meditation. Yogic exercises recharge the body with cosmic energy.

All are cordially invited to join the Mahotsav Yoga session in a large group and make the program a grand success.

NOTE :

1) Dress Code for Yoga:- Preferable light (Track Suit / Track Pant /T-Shirt) or any comfortable dress fit for performing yoga aasan.

2) Yog Guru:-Ms. Jyoti Sahu , OPJU.

Date: 18-21 June 2024

Days-Tuesday to Friday

Time: - 6:00 AM

Kind Regards
Dr Amit Paras



UNIVERSITY OF STEEL TECHNOLOGY
AND MANAGEMENT



OP Jindal University, Raigarh
INTERNATIONAL YOGA DAY

Certificate of Participation

This is to Certified that Mr./Ms./Dr./Mrs. Ajay Pandey
Department Administration participated in *Yoga Mahotsav* on the
occasion of *International Yoga Day* celebration organized by O.P Jindal University, Raigarh
from 18th June to 21th June 2024.

Dr Amit Paras
Deputy Director Sports
OP Jindal University, Raigarh

Dr Anurag Vijaywargiya
Registrar,
OP Jindal University, Raigarh



OP Jindal University, Raigarh
INTERNATIONAL YOGA DAY

Certificate of Participation

This is to Certified that Mr./Ms./Dr./Mrs. Amit Jain
Department Computer Science Engineering participated in *Yoga Mahotsav* on the
occasion of *International Yoga Day* celebration organized by O.P Jindal University, Raigarh
from 18th June to 21th June 2024.

Dr Amit Paras
Deputy Director Sports
OP Jindal University, Raigarh

Dr Anurag Vijaywargiya
Registrar,
OP Jindal University, Raigarh



OP Jindal University, Raigarh
INTERNATIONAL YOGA DAY

Certificate of Participation

This is to Certified that Mr./Ms./Dr./Mrs. Madhu
Department Management (MBA) participated in *Yoga Mahotsav* on the
occasion of *International Yoga Day* celebration organized by O.P Jindal University, Raigarh
from 18th June to 21th June 2024.

Dr Amit Paras
Deputy Director Sports
OP Jindal University, Raigarh

Dr Anurag Vijaywargiya
Registrar,
OP Jindal University, Raigarh



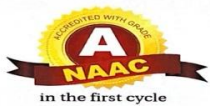
OP Jindal University, Raigarh
INTERNATIONAL YOGA DAY

Certificate of Participation

This is to Certified that Mr./Ms./Dr./Mrs. Deepak kumar
Department S.F.S.S. participated in *Yoga Mahotsav* on the
occasion of *International Yoga Day* celebration organized by O.P Jindal University, Raigarh
from 18th June to 21th June 2024.

Dr Amit Paras
Deputy Director Sports
OP Jindal University, Raigarh

Dr Anurag Vijaywargiya
Registrar,
OP Jindal University, Raigarh



OP Jindal University, Raigarh
INTERNATIONAL YOGA DAY

Certificate of Participation

This is to Certified that Mr./Ms./Dr./Mrs. Y. Santhosh
Department Metallurgy participated in *Yoga Mahotsav* on the
occasion of *International Yoga Day* celebration organized by O.P Jindal University, Raigarh
from 18th June to 21th June 2024.

Dr Amit Paras
Deputy Director Sports
OP Jindal University, Raigarh

Dr Anurag Vijaywargiya
Registrar,
OP Jindal University, Raigarh

