

O P Jindal University, Raigarh

Report on 9th International Yoga Day

21st June 2023

This year, the theme for International Yoga Day 2023 is 'Yoga for Vasudhaiva Kutumbakam,' effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future.'

OPJU celebrated **9th International Yoga day** by the students, security housing colony members and the teachers of OPJU on 21st June 2023 with full enthusiasm and motivation. The function began with a brief introduction of Yoga Day and importance of Yoga in daily life by Mr. Sambit Sahu and Ms. Jyoti Sahu (Yog Guru).

Yoga Day is celebrated among the youth and children to make them aware and importance of Yoga in their life. It will help the students and staff members to understand how to maintain harmony between body and mind. Regular practice of Yoga will help the students to achieve better mental and physical health.

Yog Guru Mr. Sambit Sahu and Ms. Jyoti Sahu started the Yoga demonstrations with the prayer and Yoga Asana and after that Asanas were performed by the participants with enthusiastically and the importance of these Asanas was explained simultaneously by Yog Guru.

International Yoga Day is a gift to the world by PM Modi, who put forward proposal on 11th December 2014 in the United Nations General Assembly (UNGA), which was accepted by 193 Nations. 21st June is since being International Yoga day.

The Yoga session ended with a vote of thanks and memento facilitation to Yoga Guru (Mr. Sambit Sahu) by Dr. Amit Jain (Professor-CSE Department-OPJU).

Objectives: International Yoga Day

The International Day of Yoga has been adopted to fulfill the following objectives: · To let people know the amazing and natural benefits of yoga

- To connect people to the nature by practicing yoga
- To make people get used of meditation through yoga
- To draw attention of people worldwide towards the holistic benefits of yoga
- To reduce the rate of health challenging diseases all over the world
- To bring communities much close together to spend a day for health from busy schedule
- To help people in their bad situations themselves by getting relief from stress through yoga
- To strengthen the global coordination among people through yoga
- To make people aware of physical and mental diseases and its solutions through practicing yoga
- To link between protection of health and sustainable health development
- To get win over all the health challenges through regular yoga practice
- To promote better mental and physical health of people through yoga practice.

Advantages of Yoga

Yoga improves flexibility, builds muscle strength, betters bone health, increases blood flow, maintains nervous system, increases enthusiasm and self-confidence by transforming thoughts. Yoga is a simple solution for physical fitness and mental peace.

Celebrating International Yoga Day on 21 June 2023

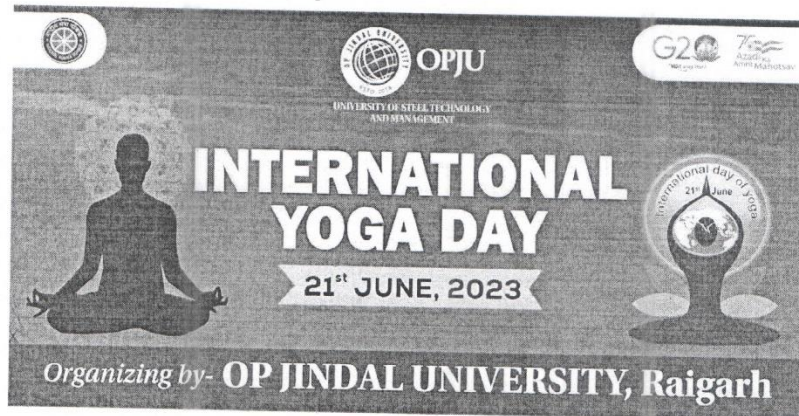
2 messages

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

Fri, Jun 9, 2023 at 9:29 AM

To: allstudents@opju.ac.in, allfacultyandstaff@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>, Sanjay Singh <sanjay.singh@opju.ac.in>, Komal Sharma <komal.sharma@opju.ac.in>, Abhishek Thakur <abhishek.thakur@opju.ac.in>, Yallapu Santhosh Kumar <yallapu.santhosh@opju.ac.in>

Dear All
Greetings!

We would like to inform you all that O P Jindal University is organizing a Yoga session on occasion of "International Day of Yoga on 21 June 2023 for all the faculty, staff, students of OPJU, SSD, OPJCC, security and housing colony members at OPJU campus above CDC and beside the Chemistry Lab on 21 June, 2023 at 6:00 AM (Wednesday).

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 Yoga session in a large group and make the program a grand success.

@ Yoga Chart display competition is also organized for all the students and kids of the housing colony on 21 June, 2023 at OPJU Central Library in the evening (4:00PM).

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:-Mr. Sambit Sahu , OPJCC.

Date: 21 June 2023

Day: - Wednesday

Time: - 6:00 AM

Venue: - Beside Chemistry Lab.

Kind Regards

Dr Amit Paras

B.PE,M.PE,M.Phil, PhD

21/06/23

International Yoga Day - 2023

| Name | Branch/Dept | Sig |
|-------------------|----------------|-----|
| ① Sambit K. Gali | OPJCC | |
| ② Anil Jain | OPJU | |
| ③ S.K. Chandra | Security cell. | |
| ④ Nivek Yadav | Security | |
| ⑤ Jayprakash | Security | |
| ⑥ Ajit Singh | — 11 — | |
| ⑦ Anurag Kumar | — 11 — | |
| ⑧ Akash Patteraik | SFSS | |
| ⑨ Anurag K | SFSS | |
| ⑩ Satish Saha | SFSS | |
| ⑪ Anil K | SFSS | |
| ⑫ Anurag Kumar | SFSS | |
| ⑬ Sarita Mahato | SFSS | |
| ⑭ Shobha Bhoj | SFSS | |
| ⑮ Rakesh Sahu | SFSS | |
| ⑯ LOKESH | SFSS | |
| ⑰ Ashish Nayak | SFSS | |
| ⑱ Madhu | NSS (MBA) | |
| ⑲ Priyanka Shah | NSS (MBA) | |
| ⑳ Kusum Thakur | NSS (MBA) | |
| ㉑ Priyanka Parmar | NSS (MBA) | |

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|-------------------|--------|----------|--|
| 2 - L.N. Bauria | OPJU | T. Staff | |
| 3 Kunal Sharma | — 11 — | | |
| 4. Sakshi K | OPTCC | | |
| 5 Anantika Baphar | SFSS | | |
| 6 Anurag | SFSS | | |
| 7 Vikash Sharma | OPJU | HRD | |
| 8 Rakesh Patidar | — 11 — | FF | |
| 9 Shobha Bhoj | SFSS | SFSS | |
| 10. Kusum Rajak | OPJU | Admin | |

