

**HKE SOCIETY'S
SMT. C.B.PATIL ARTS AND COMMERCE
DEGREE COLLEGE ,CHINCHOLI,
ACADEMIC YEAR 2020-21**



21th June 2020

Time 7.00am

Venue: At Home, with Family

Dr. Shrishail Nagaral

Principal

Dr. C. V. Kalaburgi

NAAC Co-ordinator

Dr. Laxman T

Asst. Professor of Commerce

Prof. S. G. Math

Asst. Professor of History

Dr. Siddanna M. Kolli

Asst. Professor of kannada

Sri. Kashinath Hunaje

Lecturer in Kannada

Smt. Deepa K.

Lecturer in Economics

Dr. Manikamma N. Sultanpur

IQAC Co-ordinator

ALL ARE CORDIALLY WELCOME

PROCEEDINGS OF INTERNATIONAL YOGA DAY

Page | 2 Organized International day of Yoga on 21st June 2019 by IQAC, NSS unit collaboration with Patanjali Taluka Yoga cell , Chincholi

Yoga is a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. Today's, Yoga day session started by welcoming the guest with honoring bouquet and chanting the gayatri mantra. Various Asanas such as Anuloima, Viloma Pranayam,, Brahamari Pranayam, Kapal Bhati Pranayam, Shalabasan, Bhujangasan, Tadasan, Vrukshasan, Vajrasan taught along with meditation including physical exercises were taught to the students by Shri. Srinivas Paril, a trained YOGA teacher. Different asanas were demonstrated along with the all faculty dr. Shrishail Nagaral Principal, Dr. C.V.Kalaburagi, NAAC Coordinator, Dr. M.N. Sultanpur IQAC Coordinator,shri Kashinath Hunaje Lecturer in Kannada, Shri. Bheemreddy, Physical Director, Shri Sharat Lecturer in Physics, Sri Bakka Prabhu, Lecturer in History. The session was well received by the students who felt refreshed, energized and created a positive energy within them. There are **different forms of yoga** which offer numerous health benefits.

The theme for IYD 2020 is **Theme: Yoga at Home, Yoga with Family**

Digital Platform

Yoga, a spiritual discipline, is based on an extremely subtle science which focuses on bringing harmony between mind and body. Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as International Yoga Day by resolution 69/131.

The Objectives Of International Day Of Yoga:

- To let you know the amazing and natural 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 enhance growth, development and spread peace all through the world.
- To help you get relief from stress through yoga.

- To spread the awareness of how yoga can heal the physical and mental diseases.
- To promote better mental, physical and spiritual development through yoga practice.

International Yoga Day: Significance

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- - Yoga helps to maintain a balance between oneself and environment.
- - Yoga acts as an aid to one's health.
- - Yoga brings a balance between body, soul and mind.
- - It help us to deal with several problems, worries etc.
- - By regular practice of yoga, an individual can rid from health related problems.
- - Yoga promotes self-healing.
- - Enhance personal power.
- - Increases self-awareness
- - Removes toxins from the body.
- - Remove negative thoughts from mind.
- - Reduces stress and tension in the physical body.
- - The person feels rejuvenated and energised.
- - Yoga gives power to control body and mind.
- - Yoga increases flexibility.
- - It improves brain function.
- - Yoga helps in reducing weight.
- - Lowers the risk of heart diseases etc.
- (*Source: www.hongkong-desi.com*)

Some interesting facts about International Yoga Day:

1. **Meaning of yoga:** Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit, which means to join or unite, symbolising the union of body and consciousness.
2. **History of International Yoga Day:** The idea of International Day of Yoga was first proposed by Prime Minister Narendra Modi during his speech at the UN General Assembly (UNGA), on September 27, 2014. Thereafter, a draft resolution on 'International Day of Yoga' was introduced by India's Ambassador to UN, Asoke Kumar Mukerji. The draft received support from 177 nations, the highest number of co-sponsors for any UNGA resolution. Thereafter, the United Nations proclaimed June 21 as the International Day of Yoga.
3. **International Yoga Day 2019:** This year, Jharkhand's capital Ranchi will be hosting the main yoga day event. The event will take place at at Prabhat Tara ground tomorrow morning where PM Modi will perform Yoga along with 18,000 people, including Chief Minister Raghubar Das.
4. **The 1st International Day of Yoga:** On June 21, 2015, nearly 35,985 people, including PM Modi and dignitaries from 84 nations, performed 21 asanas (yoga postures) for 35 minutes in New Delhi.

5. **World's oldest yoga teacher:** According to the Guinness World Records, the title of world's oldest yoga teacher was given to Ida Herbert in 2012, who remained an active yoga teacher till the age of 96 years.
6. **Yoga for dogs:** There is a yoga for dogs, known as 'Doga'. The Doga was started by Suzi Teitelman in New York in 2002. While doing Doga, dogs are used as props.
7. **Yoga at Statue of Unity:** On the yoga day this year, over 1,000 Hindu seers, mahants and religious leaders would perform yoga at the premises of 182-metre Statue of Unity in Gujarat.

International Day of Yoga 2019: Celebrations in India*(Source: www.euronews.com)*

On **21 June International Yoga Day 2019**, PM Narendra Modi will perform Yoga in Ranchi, Jharkhand with 18,000 participants including Chief Minister Raghubar Das, Ministers and senior officials of the state. World Yoga Day event will be celebrated at Prabhat Tara ground in the morning.

On **21 June, 2018** at Dehradun in Uttarakhand, International Day of Yoga was celebrated. Prime Minister Narendra Modi with around 55,000 enthusiasts performed Yoga.

On **21 June ,2017** at Lucknow in Uttar Pradesh, International Day of Yoga was celebrated where other new records were created. People from around 150 countries participated and the number of participants was up to 51,000.

On **21 June, 2016**, the AYUSH Ministry organized an event "The National Event of Mass Yoga Demonstration", at Chandigarh, in which Prime Minister Narendra Modi and many other people participated.

On **21 June, 2015**, the Indian Prime Minister and around 36,000 people had celebrated the first International Day of Yoga at Rajpath in New Delhi. 21 yoga mudras or yoga postures for 35 minutes was performed there.

The ceremony had established two Guinness World Records: the first to be the largest yoga class and secondly the largest number of nationalities from 84 countries participated in the event. This award was presented to the Ministry of [AYUSH](#) and received by AYUSH minister Shripad Yesso Naik

Yoga Day Messages

Yoga is the best fitness regime for your body, heart and mind, Yoga is the best therapy to keep your mind and body calm. Nothing else would help you calm your mind and heart as Yoga does when you are suffering stress and anxiety. Yoga is the practice for a healthy body, mind, soul and heart. So this International Yoga Day 2019, promote Yoga with Yoga Day Messages...

. 'You cannot Always Control what goes on Outside,
But you can Always Control what goes on inside...'

****Best Wishes for International Yoga Day****

HEAD OF THE INSTITUTION



DEPT OF RURAL DEVELOPMENT



DEPT. OF HISTORY

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DEPT. OF COMMERCE



DEPT OF KANNADA



DEPT OF KANNADA



DEPT. OF SOCIOLOGY



DEPT. OF ECONOMICS



Thanking you

