

LIST OF ACTIVITIES FOR YOGA INTERNATIONAL DAY

While addressing the 69th session of United Nations General Assembly (UNGA) on September 27, 2014, the Honorable Prime Minister of India Shri Narendra Modi urged the world community to adopt an International Day of Yoga. "Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day," Shri Modi said.

On December 11, 2014, the 193 member UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21st June as "International Day of Yoga". In its resolution, the UNGA recognized that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders.

In our attempt to march forward with the nation to get the fullest benefit of this invaluable gift of Indian tradition, School of Gandhian Studies, GITAM University is celebrating Yoga International Day with following activities:

1. In order to enhance awareness of yoga among students Yoga exhibition will be organized from 17th – 21st June, 2017 in yoga hall School of Gandhian Studies, GITAM University. In this exhibition a display of books related to theory, research and practice of Yoga, charts of yoga postures, accessories related to yoga practice will be made.
2. A 2-Days Pranayama camp for GITAM University faculty members on 19th and 20th, 2017 will be organized.

Prana is the vital life force and pranayama is the process by which the internal pranic store is increased. Pranayama is a technique through which the quantity of prana in the body is activated to a higher frequency. Prana and mind are intricately linked. A fluctuation of one means fluctuations of the other. When either the mind or prana becomes balanced the other is steadied. According to hatha yoga through pranayama, mudras, bandhas and certain postures which regulate the prana, the mind can be brought under control.

Historical background of pranayama, nature of pranayama, dos and don'ts of pranayama, physiological and psychological benefits of pranayama will be explained in this camp. Different techniques of pranayama that are practiced by Hatha Yoga system will be taught during Pranayama camp. Pranayama classes will be conducted from 3.30 – 4.30 P.M.

3. Yogasana competition for Students, faculty and staff of GITAM University and public will be conducted separately on 19th June, 2017.
4. Online essay competition will be conducted for students, faculty and staff of GITAM University separately. The topic for essay competition will be **“Yoga as a Strategy for Realizing the Fullest Potential”**.
5. In order to develop interest in yoga among young children Yoga classes will be conducted for students in different schools of Visakhapatnam
6. In order to motivate students to learn and practice yoga, on 21st June, 2017 as a part of Yoga International Day celebration, Yoga Asana Demonstration will be conducted with Students of GITAM University at GITAM School of Gandhian studies, GITAM University, Visakhapatnam.