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Event Report

International Day of Yoga

1.1 Introduction

International Yoga Day, June 21, was declared as the International Day of Yoga by the United Nations General Assembly on December 11, 2014. Yoga is a physical, mental and spiritual practice or discipline that originated in India. The Indian Prime Minister Narendra Modi in his UN Address suggested the date to be June 21 as the International Day of Yoga as it is the longest day of the year.

On this occasion of International Day of Yoga AICT, DTE Maharashtra, University of Mumbai and NSS Cell of University of Mumbai has informed us to organize some event. So under the guidance of Director of our Institute Dr. Kamlakar Desai and by sincere efforts of our principal Dr. Shilpa Kamat we planned to organize event containing some expert lectures about Yoga and Health (Mental and Physical) one day early i.e. on 20th June 2015 .

1.2 Expert Guidance about Yoga and Health

Yoga is the integral part of our culture and human life style. It has been used by human by ancient time for upkeep of mental and physical fitness. Today we are living a modern scientific life style with heavy burden of knowledge and mental stress. To improve the mental and physical standards of modern youth, it is necessary to give ancient wisdom and scientific knowledge of Yoga.

To correlate between Yoga and Physical health our Honorable Chairman Dr. Vijay Bedekar who is from Medical Profession given us the beautiful guidance how the Yoga will help to improve the Physical health. They also guided us history of Yoga and how Yoga is helpful for human beings by giving some examples.



Image 1 : Chairman Dr. Vijay Bedekar guiding about Yoga and Health

Yoga is also very helpful to improve mental health or mental ability that is explained nicely by our Director Dr. Kamlakar Desai during the lecture on Brain and Better Health. Sir has explained how the Yoga helps to our nervous system and how the meditation improves the mental ability of the person.

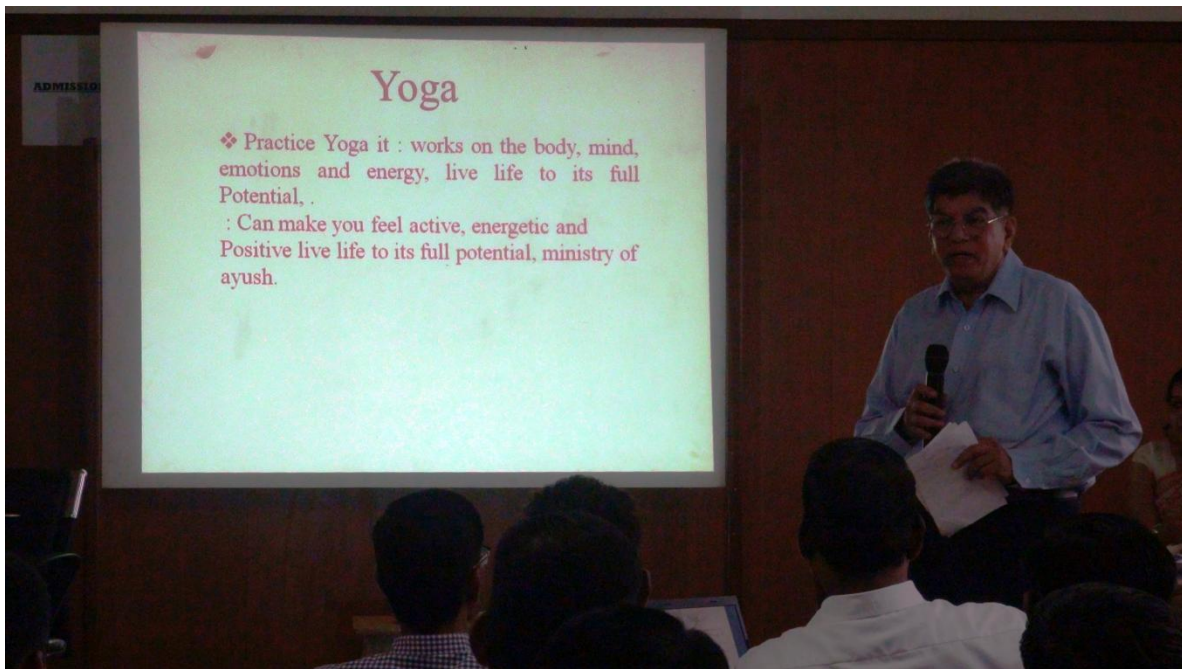


Image 2 : Lecture by our Director Dr. Kamlakar Desai on Brain and Better Health

Hatha yoga , also called **Hathavidya** , is a branch of yoga. The word hatha denotes a system of physical techniques supplementary to a broad conception of yoga. Hindu tradition believes that Shiva himself is the founder of hatha yoga. In the 20th century, Hatha yoga, particularly asanas (the physical postures), became popular throughout the world as physical exercises, and is now collectively termed "Yoga". Our Principal Dr. Shilpa Kamat has given beautiful lecture on Hatha Yoga. Madam has explained various Yama-Niyam specifically Sauch (Purification of Body) and given live demo of Jala Neti.



Image 3 : Live demo by our Principal Dr. Shilpa Kamat on Jala Neti

Our colleague Prof. Vilas Karre from Civil Engineering department, has explained about Human well being, meditation, Surya Kriya and also how our human body is related to cosmic geometry. What we call as our body is manifestation of five elements that is Earth, Water, Fire, Air and space or Aakash. Today once again there is a phenomenal amount of research has gone into Aakash, they are talking about Aakashik (cosmic) intelligence. Our ability to seat here is simply because Aakashik energy, the space is holding you in a place. Experiential now worldwide think that, if you want to be well, you don't have to look up, you don't have to look down, you don't have to seek a celestial help, you just turn inward and fix it. The lecture is highlighted Yoga means understanding the geometry of the existence.



Image 4 : Prof. Vilas Karre guiding about Human well being, meditation, Surya Kriya

1.3 Event Success

The expert lectures on Yoga and Health on the occasion of International Day of Yoga are attended by all our faculties and staff members. Some visitors from nearby area outside the campus had also taken the benefit of that.

1.4 Conclusion

Yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment. The practice of yoga makes the body strong and flexible. It also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind. We all decided to practice the Yoga daily at the end of event with prayer.

Prepared by,

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