

“Report on International Yoga Day- 21 June, 2022”

Yoga has the potential to be a significant tool in humanity's collective struggle to promote a sustainable lifestyle in harmony with the planet. The theme for this year's Yoga Day celebrations is "Yoga for Humanity". International Yoga Day is celebrated annually on 21st June since 2015. The Yoga comprises of the safe practices to improve physical, emotional, mental, and spiritual health of the students.

The NSS Unit of Jharkhand Rai University, Ranchi, celebrated “**International Yoga Day 2022**” on 21st June 2022. The Yoga Session began at 07.00 a.m. with a short inaugural function where in Mr. Jagdish Singh, Yoga Instructor, Member Divine Yoga Academy, Ranchi was given a floral welcome.

Before starting yoga, all participants did warm up to keep the body relaxed & flexible. Mr. Jagdish discussed the relevance of Yoga in the lives of children and teenagers. He said that students should improve their mental and physical health by practicing Yoga on a daily basis. Mr. Jagdish began his Yoga demonstrations by a prayer. Students and staff members enthusiastically took part in the yoga session at the University Campus. Total of 74 volunteers took part in the yoga session, out of which 21 of them being female.

The importance of breath in meditation was discussed by Dr. Amrita Majumdar, deputy Registrar, Jharkhand Rai University, Ranchi. For a healthy body and mind, Dr. Amrita urged the students to practice Yoga and meditation on a daily basis. The Session ended at 09:00 a.m. with a vote of thanks by Prof. Raghuwansh Singh, NSS Programme Coordinator.



YOGA SESSION

INTERNATIONAL YOGA DAY 2022

Date : 21 June, 2022 | Time : 7:00 AM



YOGA INSTRUCTOR

Mr. Jagdish Singh

Member- Divine Yoga Academy, Ranchi

Dress Code: White T-Shirt & Blue Lower

No Registration Fee



Organized by NSS Cell, Jharkhand Rai University, Ranchi

