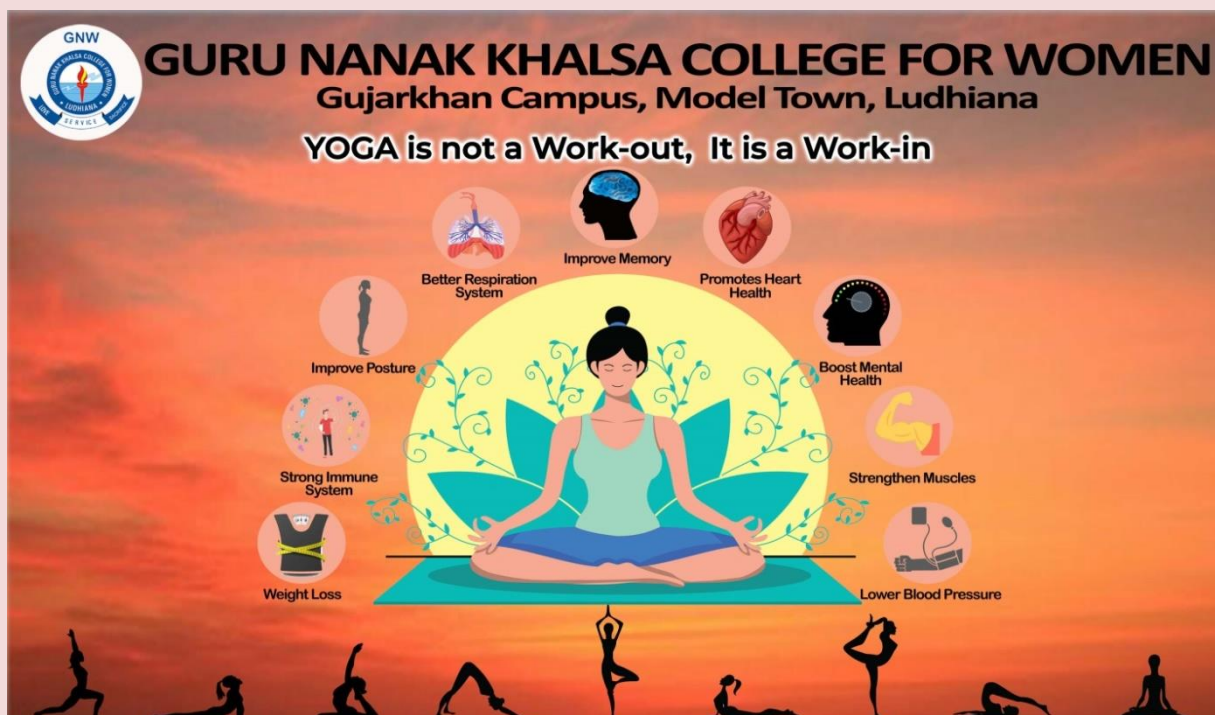


REPORT ON INTERNATIONAL YOGA DAY



Submitted By
NSS Unit
Of
Guru Nanak Khalsa College for Women
Model Town, Ludhiana

TITLE OF THE ACTIVITY: International Yoga Day

DATE: 28 April, 2022 to 21 April, 2022

History of International Yoga Day

Yoga is an ancient art of physical, mental, and spiritual practice that gives calmness, peace, confidence, and courage to the people through which they can do several activities in a better way. At every level of existence, it is a state of harmony. Yoga is practiced in various forms around the world and continues to grow in popularity. It originated in pre-Vedic times in India approximately 6000 years ago and requires people to practice meditation in their daily lives so as to attain a healthy and strong life.

In ancient times, yoga was practiced by Hindus, Jain, and Buddhists. This ancient wisdom is also known as the supreme science of life. But in a developing world, looking upon the health benefits yoga provides, it is practiced all over the planet. Now the question is why we choose 21 June as the day of Yoga, and not any other day. Actually 21 June is the day of the summer solstice. A solstice is an event when the tilt of a planet's axis in the northern hemisphere is most inclined towards the star that it orbits – in our case, the earth and the sun.

Now the question arises why chose 21 June as the day of Yoga, and not any other day? June 21 is considered as the longest day of the year with the sun rising early and setting late for the northern hemisphere. The summer solstice is also considered as an important day in Indian mythology as it marks an event that could be considered the start of Yogic science.

On September 27, 2014, during his speech at the UN General Assembly, Prime Minister Narendra Modi put forth his suggestion for the occasion of a 'Yoga Day'. The draft resolution proposed by India was then endorsed by a record 177 member states. The first International Day of Yoga was observed around the world on June 21, 2015.

Objectives of International Yoga Day

- To introduce people to the art of meditation, one of the many practices for channelizing energies of our body and mind.
- To help people of the world understand and know the many benefits of yoga in healing the mind, body and soul.
- To help people make a connection or be in sync with nature and their natural surroundings, which we tend to forgo while tending to our never-ending work or personal demands.
- To help various communities to come forward and spend a day, which is specifically dedicated to embracing the importance of health and well-being.
- To help people understand and adopt yoga for better physical and mental health and well-being.
- To help people get over or fight various medical issues by practising regular yoga.
- To help people know the benefits of yoga in maintaining higher levels of physical, mental and spiritual health.
- To help people adopt a healthy lifestyle and habits and let go of unhealthy practices.
- To maintain and strengthen a global-connect with people from different parts of the world.
- To help people get relief from everyday stress.

International Yoga Day celebrated at GNKCW

Under the aegis of Internal Quality Assurance Cell, NSS Unit, Dept. Of Physical Education, NCC Wing, Youth Club and Ek Bharat Shrestha Bharat Club of Guru Nanak Khalsa College for Women, Ludhiana celebrated International Yoga Day on June 21, 2022 as a part of Amrit Mahotsav. Regular Yoga Sessions were organised for the students and Staff members of the college since April 28, 2022. The purpose of yoga is to build strength, awareness as well as harmony in both mind and body.

PRESS CLIPPING



ਗੁਰੂ ਨਾਨਕ ਖਾਲਸਾ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ ਦੇ ਇੰਟਰਨਲ ਕੁਆਲਿਟੀ ਐਸ਼ੂਰੈਂਸ ਸੈੱਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ, ਸਰੀਰਕ ਸਿੱਖਿਆ ਵਿਭਾਗ, ਐਨ. ਸੀ. ਸੀ. ਵਿੰਗ, ਯੂਥ ਕਲੱਬ ਤੇ ਏਕ ਭਾਰਤ ਉੱਤਮ ਭਾਰਤ ਕਲੱਬ ਨੇ ਮਨੁੱਖੀ ਸਰੋਤ ਤੇ ਵਿਕਾਸ ਮੰਤਰਾਲੇ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਨਿਰਦੇਸ਼ ਅਧੀਨ ਯੋਗ ਦਿਵਸ ਮਨਾਇਆ। ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਸਟਾਫ਼ ਮੈਂਬਰਾਂ ਲਈ 28 ਅਪ੍ਰੈਲ 2022 ਤੋਂ ਨਿਯਮਤ ਯੋਗ ਸੈਸ਼ਨ ਆਯੋਜਿਤ ਕੀਤੇ ਗਏ ਸਨ। ਯੋਗ ਦਾ ਉਦੇਸ਼ ਦਿਮਾਗ ਤੇ ਸਰੀਰ ਦੋਵਾਂ 'ਚ ਤਾਕਤ, ਜਾਗਰੂਕਤਾ ਦੇ ਨਾਲ-ਨਾਲ ਇਕਸੁਰਤਾ ਪੈਦਾ ਕਰਨਾ ਹੈ। ਸਮਾਗਮ ਦਾ ਸੰਚਾਲਨ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ ਦੇ ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਡਾ. ਨੀਤੂ ਪ੍ਰਕਾਸ਼ ਤੇ ਸਤਵੰਤ ਕੌਰ ਨੇ ਕੀਤਾ। ਕਾਲਜ ਦੀ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਮਨੀਤਾ ਕਾਹਲੋਂ ਨੇ ਅੱਜ ਦੀ ਤਣਾਅ ਭਰੀ ਜ਼ਿੰਦਗੀ 'ਚ ਯੋਗ ਦੀ ਮਹੱਤਤਾ 'ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ।

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