

A Brief Report on International Day of Yoga, 2017

3rd International Day of Yoga (IYD) was observed in Regional Institute of Education, Ajmer on 21st June 2017 from 6:45 a.m. to 8:15 a.m. with great enthusiasm and fervor. The programme started in the New Badminton Hall of the institute. Principal Prof. V.K. Kakaria, Dean Prof. J.P. Bagchi, Heads of various departments, Staff members, employees and students actively participated in the event. It is worth to mention here that the childrens of the RIE employees were also part of this. After brief introduction of Yoga and IYD, Common Yoga Protocol (CYP) issued by Ministry of Ayush was followed. CYP includes Prayer, Loosening Practices, Yogasanas (Standing Postures, Sitting Postures, Prone Postures and Supine Postures), Kapalabhati, Pranayama (Nadishodhana / Anuloma Viloma, Sheetali and Bhramari), Dhyana, Sankalpa and Shanti Patha. Some other activities like Hasyasana, Simhasana etc. were also performed. The Yoga instructor for the event was Chitra Dewani along with Sunita Soni and Nisha Jain as demonstrators. Programme was concluded with this note that let Yoga become an integral part of our life instead of observance for one day only on Yoga day. Programme was concluded by proposing the vote of thanks and distribution of fruit juice to all the participants. The event was convened by Dr. Ved Prakash Arya along with his team including Sh. K. C. Meena, Sh. Prem Gehlot, Sh. Jagdish, Sh. Pankaj Sahu, Sh. Govind and Sh. Manish. Few photographs of participants practicing Yoga in the event are placed below:



