

Report
of
3rd
International Yoga Day Celebration
on
21st June, 2018



Bharati Vidyapeeth Deemed University
INSTITUTE OF MANAGEMENT & RESEARCH,
A-4, Paschim Vihar, Rohtak Road, New Delhi – 110063

Report of International Yoga Day Celebration 2018

Date:

21st June 2018

Time:

10.30am to 12.00 noon

Venue:

Corridor near Amphitheatre, BVIMR Campus

Trainer

Mr. Harsh Kakkar and Mr. Rakesh , Ministry of Ayush, Government of India., Delhi.

Participants:

The event had more than 50 participants which included Faculty Members, Students and the staff from BVIMR, BVCOE & BVICAM.



Dr. Vikas Nath , Director - BVIMR felicitating Mr. Harsh Kaakar & Mr. Rakesh- Yoga Trainer

Brief Report:

The Session started with the introduction of Yoga trainers by Ms. Deepa Kapur, Co-ordinator Yoga day 2018. 3rd International Yoga Day 2018 was celebrated in BVIMR, New Delhi on 21st June, 2018 as per the instructions of Hon'ble of Vice Chancellor Sir, in which faculty members, non-teaching staff, students from BVIMR, BVCOE, BVICAM participated. The International Yoga Day started at 10.30 am with felicitation of Mr. Harsh Kakkar and Mr. Rakesh, from Ministry of Ayush, Government of India, Delhi by Dr.Vikas Nath, Director-BVIMR. Dr.Vikas Nath introduced the trainers and enlightened the participants about the necessity of yoga for healthy and Happy life by telling that Yoga is a discipline that gives positive strength to our mind, body and soul.



Mr. Rakesh and Mr. Harsh Kakkar seen conducting the Yoga Session at BVIMR

Mr. Harsh Kakkar and Mr., Rakesh are Yoga specialist and have expertise in all the Yoga forms. **Mr. Harsh briefed about the Yoga-Aasanas, and their benefits to human beings and Mr.**

Rakesh conducted the asanas and explained the steps in which the asanas need to be done. They discussed about the importance of yoga in our day to day life and how we can implement yoga in our daily routine. After a brief discussion on yoga, all the participants were made to do a few of the common Asanas like Pranayam, Alom Vilom and few others. They discussed about each yoga asan having its own mudra and importance of each of the mudras. **The participants also practiced some of the Yoga exercises and did meditation under the guidance and supervision of Mr. Rakesh and Mr. Harsh.**



Dr Vikas Nath , Director –BVIMR(extreme left) , Dr. A. K. Srivastav (Senior Faculty Member –centre) and other staff members and students are seen doing the various Asanas under the guidance of the yoga specialists.



The Yoga session went on for one hour, the last 30 minutes was spent on doing discussion on the various ailments and their specific asnas, which were done by the trainers. In the end asan was done for peaceful meditation which was relaxing to the body. The yoga specialist shared the importance of meditation and its benefits in the daily life of a person. Yoga helps in uniting the mind, body and breath. “When we are in harmony, the journey through life is calmer, happier and more fulfilling”.

“ Start the day with Yoga and be Healthy and Fit ”



YOGA session in full swing

The participants enjoyed the yoga and meditation. The program ended with vote of thanks by Dr. A.K. Srivastava, International Yoga Day Celebration 2018 BVIMR, New Delhi.

Feed Back:

The event ended with positive vibes and everyone was relaxed after such a healthy yoga session. The participants have requested for conduct of such Yoga programs on a regular basis.

By:
Ms. Deepa Kapur
P.R.O -Director