



Netaji Subhas Open University

School of Vocational Studies

celebrated

International Day of Yoga

'Yoga for Humanity'

Venue: Subhas Chandra Sabhagar
NSOU Headquarters
21 June 2022

Background:

On 11 December 2014, India's Permanent Representative introduced the draft resolution in the UN General Assembly. The draft text received support from 177 Member States, which was adopted without a vote. This initiative found support from many global leaders. A total of 177 nations co-sponsored the resolution, which is the highest number of co-sponsors ever for any General Assembly resolution of such nature. Yoga has existed so far almost like an orphan. Now, official recognition by the UN would further spread the benefit of yoga to the entire world. Following the announcement in 2014, the 1st International Day of Yoga was celebrated on 21st June 2015.

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover a sense of oneness with yourself, the world and nature. Changing lifestyle and creating consciousness, it can help in well-being. Yoga can be an important instrument in the collective quest of humanity for promoting sustainable lifestyle in harmony. In keeping with this spirit, the theme for this year's Yoga Day celebrations is "Yoga for Humanity."



Celebration by NSOU:

Since 2015, the university has been celebrating this International Day of Yoga in a befitting manner. During pandemic i.e. in 2020 and 2021, the day was celebrated through digital platform with the staff members of the university. The COVID-19 pandemic has been an unprecedented human tragedy. Beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problems, including depression and anxiety, as pandemic-related restrictions were introduced in various forms in many countries. This has highlighted the urgent need to address the mental health dimension of the pandemic, in addition to the physical health aspects. People around the world embraced yoga to stay healthy and rejuvenated and to fight social isolation and depression during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety.



This year the programme was arranged in face-to-face to mode at university headquarters and around 67 participants attended the programme. Students, teachers, officers, and non-teaching staff actively participated in the yoga practices. Hon'ble Vice-Chancellor, Professor Subha Sankar Sarkar, CA Kishore Sengupta, Registrar, Smt. Rokeya Roy, Controller of Examinations, Dr. A.B. Aich, Director, Study Centres and Dr. Anirban Ghosh, Director (i/c), School of Vocational Studies graced the inaugural session. All the officials deliberated on the background of the introduction of yoga day and importance of yoga in our every day life. The School of Vocational Studies offers three programmes viz. Diploma in Yoga Education, Diploma in Stress Management and Meditation, and Advanced Diploma in Applied Yoga and Naturopathy. The students of Anindya Yoga Society study centre were invited to attend the programme. The teachers of the study centre supervised the yoga practice during the session. Sri Anindya Das demonstrated different yoga which participants practiced enthusiastically.



The programmed ended with the distribution of certificates and medals to all participants.

The following asanas were demonstrated:

Sukshma Vyayamas:

1. Goolf Naman (Ankle Bending)
2. Goolf Chakra (Ankle Rotation- Clockwise & Anti-clockwise)
3. Janu Naman (Knee Bending)
4. Janu Chakra (Knee Crank- Clockwise & Anti-clockwise)
5. Ardha Titali Asan (Half Butterfly)
6. Shroni Chakra (Hip Rotation- Clockwise & Anti-clockwise)
7. Manibandha Naman (Wrist Bending-Two ways - Front way and side way)
8. Kehuni Naman (Elbow Bending-Front way and side way)
9. Skandha Chakra (Shoulder Socket Rotation - Clockwise & Anti-clockwise)
10. Greeva Sanchalana (Neck Movement-Side to Side and Rotation)

Chair Yoga Poses:

1. Urdhva Hastasana [Upward Hand Stretching Chair Pose] Deep Breathing.
2. Utthita Parswa Konasana [Extended Side Angle Chair Pose] Deep Breathing.
3. Sitting Ardha Matsyendrasana [Half Lord of the Fishes' Chair Pose] with Normal Breathing.
4. Parswa Ardha Chandrasana [Side Half Moon Chair Pose i.e. Side Bending Chair Pose] with Normal Breathing.
5. Sitting Uttanasana [Forward bending along with foot touching Chair Pose] Deep Breathing.
6. Chakki Chalanasana [Churning the Mill Chair Pose Clockwise & Anti – Clockwise] Deep Breathing.

Essential Standing Yoga Practice:

1. Ardha Chandrasana [Half Moon Standing Pose] Deep Breathing.
2. Utkatasana [Standing Chair Pose with hand movement] Deep Breathing.
3. Standing Pabnamuktasana Reverse Deep Breathing.

Essential Pranayamas & OM Chanting:

1. Anulom Vilom Pranayam [Alternate Nostril Breathing] with Nasagra Mudra.
2. Suryaveda Pranayama [Right Nostril Breathing] with Nasagra Mudra
3. Chandraveda Pranayama [Left Nostril Breathing] with Nasagra Mudra
4. Kapalvati [Skill Shining Breath:- By mouth and By Nose]
5. OM Chanting

Cool down with Meditation: (10 mins)

