



# Netaji Subhas Open University

## School of Vocational Studies

*Celebrated*

# International Day of Yoga

Venue: Subhas Chandra Sabhaghar  
NSOU Headquarters  
21 June 2023

## **Background:**

We are aware that 21st June is observed as the International Day of Yoga (IDY) since 2015. Yoga is an ancient physical, mental, and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity. Yoga embodies unity of mind and body, thought and action ... a holistic approach, is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world, and nature. The thrust of the IDY observation this year is 'Harmonious Mass Yoga.'

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 1<sup>st</sup> International Day of Yoga was celebrated on 21<sup>st</sup> June 2015. Yoga has emerged as one of the most trusted means to boost physical and mental well-being. This year, the theme for International Yoga Day is "Yoga for Vasudhaiva Kutumbakam," which beautifully encapsulates our collective aspiration for "One Earth, One Family, One Future."



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.

## **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. 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 100 participants attended the programme. Students, teachers, officers, and non-teaching staff actively participated in the yoga practices. Hon'ble Vice-Chancellor, Professor Chandan Basu, Dr. Ashit Baran Aich, Registrar, 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.

