



Netaji Subhas Open University

School of Vocational Studies

Celebrated

International Day of Yoga
in association with
Anindya Yoga Society

REPORT

Venue: Subhas Chandra Sabhaghar
NSOU Headquarters
21st June, 2024

The School of Vocational Studies, NSOU in Collaboration with Anindya Yoga Society, Kolkata celebrated the International Yoga Day on 21st June 2024 at Headquarters, NSOU. The students/staff of Anindya Yoga Society (A Study Centre of SVS), teaching and non-teaching staff of NSOU also joined the programme. 82 participants attended the Yoga performance/demonstration.



Professor Anirban Ghosh, Professor and Director-School of Vocational Studies (SVS), NSOU joined the event online and convey his best wishes to the participants.

Prof Arun Kumar Chakraborty, HoD, DLIS, NSOU extended a warm welcome to all the respected dignitaries and participants who were present in the programme. Prof. Chakraborty outlined that India has been celebrating Yoga Day since last 10 years (2014). The day is also been celebrated in many countries. He said that Yoga is the best medicine to lead for a healthy and disease-free life.

Prof Atindra Nath Dey, Director, School of Education, NSOU expressed that Yoga is one of the oldest practices of our Indian Culture. This is an indigenous practice which gaining popularity around the world. Yoga has lots of benefits in our body and life. It is one of the most beneficial way to keep our self-healthy. Our ancestors used to practice this system and remained healthy for many years. In year 2014, Our Prime Minister declared 21st June as International Day of Yoga and then after it has been a most popular practice throughout the world. We must encourage our next generation to practice Yoga in our daily life. As Yoga is not only help us to keep physically fit as well as mentally happy.

Smt. Ananya Mitra, Registrar (Addl. Charge), Netaji Subhas Open University (NSOU) extended thanks to Anindya Yoga Society for their support for organising International Yoga Day at the Headquarters of NSOU. Smt. Mitra said that we cannot deny the importance of Yoga in our life. We must make it in a regular habit. Thus, Yoga is a way to attain good health and wellness.

Prof Indrajit Lahiri, Hon'ble Vice Chancellor, NSOU said that the system of Yoga was first introduced by Patanjali. This is the most flexible way of keeping ourself healthy. With the time, the nature and way of yoga is also changing like now-a-days we have a concept of "chair yoga" particularly for people who

have arthritis. So, we must carefully perform yoga regularly to keep ourself in good health.



Sri Anindya Das, Co-ordinator and Secretary of Aninya Yoga Society, Kolkata explained the importance of yoga in our life. Sri Das said the reason for declaring 21st June as Yoga Day. He said that 21st June is the longest day, we get maximum sunlight on the day. Since it is the best to perform yoga in sunlight. That's why the yoga is celebrated on 21st June every year across the globe. Sri Anindya Das, Co-ordinator and Secretary of Aninya Yoga Society demonstrated different yoga which the participants practiced with great interest and motivation.



The following asanas (practice) of yoga were demonstrated and also were practiced by the participants:

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 Uttanasana [Forward bending along with foot touching Chair Pose] 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 Pabanmuktasana 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



The programme ended with formal vote of thanks proposed by Prof. Arun Kumar Chakraborty, Professor and Head, Department of Library and Information Science, School of Professional Studies (SPS), NSOU and the distribution of certificates and medals among the participants.



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