

GURU GHASIDAS VISHWAVIDYALAYA, BILASPUR (C.G.)

REPORT ON CELEBRATION OF INTERNATIONAL DAY OF YOGA

Guru Ghasidas Vishwavidyalaya has celebrated the International Day of Yoga on 21st June 2018 with great zeal and enthusiasm. Mr. Govind Tiwari Ji, associated with Patanjali Yogpeeth, Haridwar was invited as an expert. Large number of participants including teaching and non-teaching staff, the participants of refresher course from different parts of the country and some of the family members of the staff have actively participated in the programme in which all the Yoga Protocol has been followed. The schedule provided by the Ministry of Ayush, Govt. Of India was strictly followed.

The programme started at 7.00AM with a warm welcome of today's guest of Honour, Prof. Anjila Gupta, Hon'ble Vice Chancellor of the University. After the successful completion of Yoga Protocol, there was a talk on 'the benefits of yoga in daily life' by Mr. Govind Tiwari Ji, followed by some questions asked by the participants, which was addressed by Mr. Tiwari Ji. Hon'ble Vice Chancellor has also addressed the gathering in which she has emphasised on the power of yoga to eliminate disease, she also elaborated and demonstrated the 3 minutes Divya Yoga to the participants, she also appealed to the participants to join the certificate course in Yoga which is run by the Department of Physical Education.

In the last phase of the programme it was felicitated the participants for their active participation and regular involvement in yogic activity. The programme was ended at 8.30 AM with vote of thanks and refreshment for all participants.