

## **7<sup>th</sup> INTERNATIONAL DAY OF YOGA**

**JUNE 21<sup>ST</sup>, 2021**

By

**NATIONAL INSTITUTE OF TECHNOLOGY DELHI**





## ABOUT THE IDY LOGO

- *Folding of both hands in the logo symbolise Yoga, the union, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind & body, man & nature; a holistic approach to health & well being.*
- *The brown leaves symbolise the Earth element, the green leaves symbolise the Nature, blue symbolises the Water element, brightness symbolises the Fire element and the Sun symbolise the source of energy and inspiration.*
- *The logo reflects harmony and peace for humanity, which is the essence of Yoga.*

### **International Day of Yoga:**

The United Nations General Assembly declared June 21st as the International Day of Yoga on Dec 11, 2014. Addressing the UN General Assembly on 27 September 2014, the Prime Minister of India Mr. Narendra Modi had said: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day." On Dec 11, India's Permanent Representative introduced the draft resolution in UNGA. The draft text received broad support from 177 Member States, including USA, and the draft text was adopted without a vote. Hence, June 21, 2015 is the first International Day of Yoga. Government of India celebrated IDY 2015 in all the countries around the world.

## Activities at NIT Delhi

### Details of the Institute

Name	: <b>National Institute of Technology Delhi</b> Delhi-110040, India.
Head of the Institution	: <b>Dr. Satish Kumar</b> <b>Director, NIT Delhi.</b> Email: <a href="mailto:director@nitdelhi.ac.in">director@nitdelhi.ac.in</a> Ph: +911133861000-1001
Institute Yoga Coordinator	: <b>Dr. Anidev Singh</b> <b>Students Activity &amp; Sports Officer</b> National Institute of Technology Delhi. Ph: +91-11-33861070(O) Email: <a href="mailto:saso@nitdelhi.ac.in">saso@nitdelhi.ac.in</a>

The theme of this year's International Day of Yoga is **Be with Yoga, Be at Home!** which signifies the importance of staying at home and practicing Yoga with family while observing social distancing. Staying at home would keep you away from contagious Corona virus and Yoga would help keep you and your family in good health.

Yoga became a source of inner strength among people amid the novel corona virus pandemic and inculcated faith in them that they could fight the virus, **Prime Minister Narendra Modi** said today. "**Yoga shows us the road from stress to strength and from negativity to creativity,**" PM said as he addressed the nation on the occasion of the 7th International Yoga Day.

"When Covid emerged, no country was prepared. At this time yoga became a source of inner strength. Yoga helps in self-discipline; it inculcated faith in people that they could fight this virus. Frontline warriors told me that they made yoga a tool in fighting the virus," PM Modi, said.

PM Modi also said that India, in collaboration with the World Health Organization (WHO), will launch the **M-Yoga** application, which will have many videos of yoga training based on Common Yoga Protocol available in different languages of the world.

This will help us in making the "**One World, One Health**" motto successful.

"For most of the countries of the world, Yoga Day is not their age-old cultural festival. In this difficult time, people in so much trouble could forget it, ignore it. But on the contrary, people's enthusiasm for yoga has increased, love for yoga has increased," PM said.

Yoga often gives us a way of holistic health, he said, adding that several studies are taking place around the world on the benefits of yoga on our body and immunity.

**"Yoga not only focuses on physical health but also mental health. During Covid, several studies are going on, researching the benefits of yoga on our body and immunity. We see that yoga and breathing exercises are being done at the beginning of online classes. This is helping children in fighting the virus,"** PM Modi said.

Highlighting the importance of yoga on one's overall wellbeing, he said, "Yoga shows us the road from stress to strength and from negativity to creativity. Yoga tells us that so many problems might be out there, but we've infinite solutions within ourselves. We're the biggest source of energy in the universe," PM said in a televised address to the nation.

As part of worldwide observation of International day of Yoga, National Institute of Technology Delhi celebrated **7<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June, 2021**. The goal behind the organization of the event was to spread the message of peace, harmony, happiness and success to every soul in the world. It was a great opportunity to imbibe the value of discipline.

The **following assignments** were undertaken by the students to mark the celebration of **International Day of Yoga 2021:-**

1. To perform any **asana/surya namaskar** and send a **video recording** of it.
2. To make a **poster/slogan** on the theme of **Be with Yoga, Be at Home!**
3. The Students participated in **quiz and other competitions** being organized by **Ministry of AYUSH**.

The **online event on 21<sup>st</sup> June 2021 at 07:00 am** was attended by **faculty, staff members and students (with families)**. The event was supervised by **Dr. Anidev Singh, Students Activity & Sports Officer** of the institute. The online streaming link was shared and everyone participated from their home along with their families and practiced yoga. They also learnt the different types of Yoga including Asanas, Meditation, Brahmari, Kapalbhathi and knowledge attainment which can help individual in their holistic development and healthy lifestyle. The event's main emphasis was to encourage people to adopt yoga as a daily routine activity.

The celebration followed the protocol for International Yoga Day. It started with the prayer to enhance the benefits of practice followed by loosening practises or warming up exercises such as

neck bending, neck rotation, trunk movement & twisting to name a few. The event proceeded with Yogasanas, which were divided into standing, sitting and lying (Prone/supine) postures.

## 1. YOGASANAS

### I. STANDING POSTURES

- i. Tadasana (Palm Tree Posture)
- ii. Vrksasana (The Tree Posture)
- iii. Pada-Hastasana (The Hands to Feet Posture)
- iv. Ardha Cakrasana (The Half Wheel Posture)
- v. Trikonasana (The Triangle Posture)

### II. SITTING POSTURES

- i. Bhadrasana (The Firm/Auspicious Posture)
- ii. Ardha Ustrasana (The Half Camel Posture)
- iii. Sasankasana (The Hare Posture)
- iv. Vakrasana (The Spinal Twist Posture)

### III. PRONE POSTURES

- i. Bhujangasana (The Cobra position)
- ii. Salabhasana (The Locust Posture)
- iii. Makrasana (The Crocodile Posture)
- iv. Dhanurasana (The Bow & Arrow Posture)

### IV. SUPINE POSTURES

- i. Setubandasana (The Bridge Posture)
- ii. Pawanmuktasana (The Wind Releasing Posture)
- iii. Savasana (The Dead Body Posture)
- iv. Ardha Halasana (The Half Plough posture)

## 2. KAPALABHATI

- i. **Breathing:** Forceful exhalation by contracting the abdominal muscles, without any undue movements in the chest and shoulder region. Inhalation should be passive throughout the practice. 3 rounds of 30 breaths each.

## 3. PRANAYAMA

- i. Nadisodhana or Anuloma Viloma Pranayama (Alternate Nostril Breathing)
- ii. Sheetali Pranayama (Cooling Breath)
- iii. Bhramari Pranayama (Bhramari Recaka)

## 4. DHYANA IN SAMBHAVI MUDRA

- i. Sit in any meditative posture
- ii. Keep your spine comfortably erect
- iii. Hold Jnana as follows:

- Touch the tip of the thumb to the tip of the index finger, forming a circle.
- The other three fingers are straight and relaxed.
- Keep your palms facing upwards upon the thighs.
- Arms and shoulders should be loose and relaxed.
- Close your eyes and sit with a slightly upturned face.
- You need not concentrate. Just maintain a mild focus between the eyebrows and be conscious of your breath.
- Dissolve your thoughts and attain single and pure thought.
- Meditate.

**5. SANKALPA** :( Yoga Practice Session Ended with a Sankalpa)

*Hame hamare man ko hamesha santulit rakhana hai,*

*Isi main hi hamara atma vikas samaya hua hai.*

**OR**

**I commit, to make myself into a healthy, peaceful, joyful and loving human being. Through every action of mine, I will strive to create a peaceful and loving atmosphere around me. I strive to break the limitations of who I am right now and include the entire world as my own. I recognize the kinship of my own life with every other life. I recognize the unity of all there is.**

**SHANTI PATHA**

*May All become Happy, May All be Free from Illness. May All See what is Auspicious, May no one Suffer. Om Peace, Peace, Peace.*

\* \* \*

**Other Yoga Activities at NIT Delhi**

- Post Covid recovery guidelines for Yoga was shared with students/ faculty and Non Faculty.
- Yoga Competition are organised for Students/ faculty and Non Faculty.
- Yoga Talks & related information are shared on a regular time period to increase the awareness and to motivate students to participate in large numbers.

**Picture Gallery:**



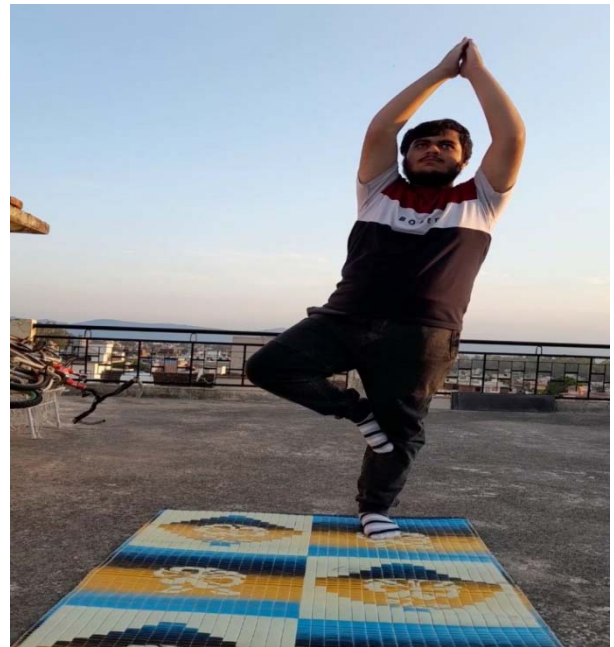
**Dr. Anidev Singh Sports Officer NIT Delhi doing Yoga Asanas at home on 21<sup>st</sup> June 2021**



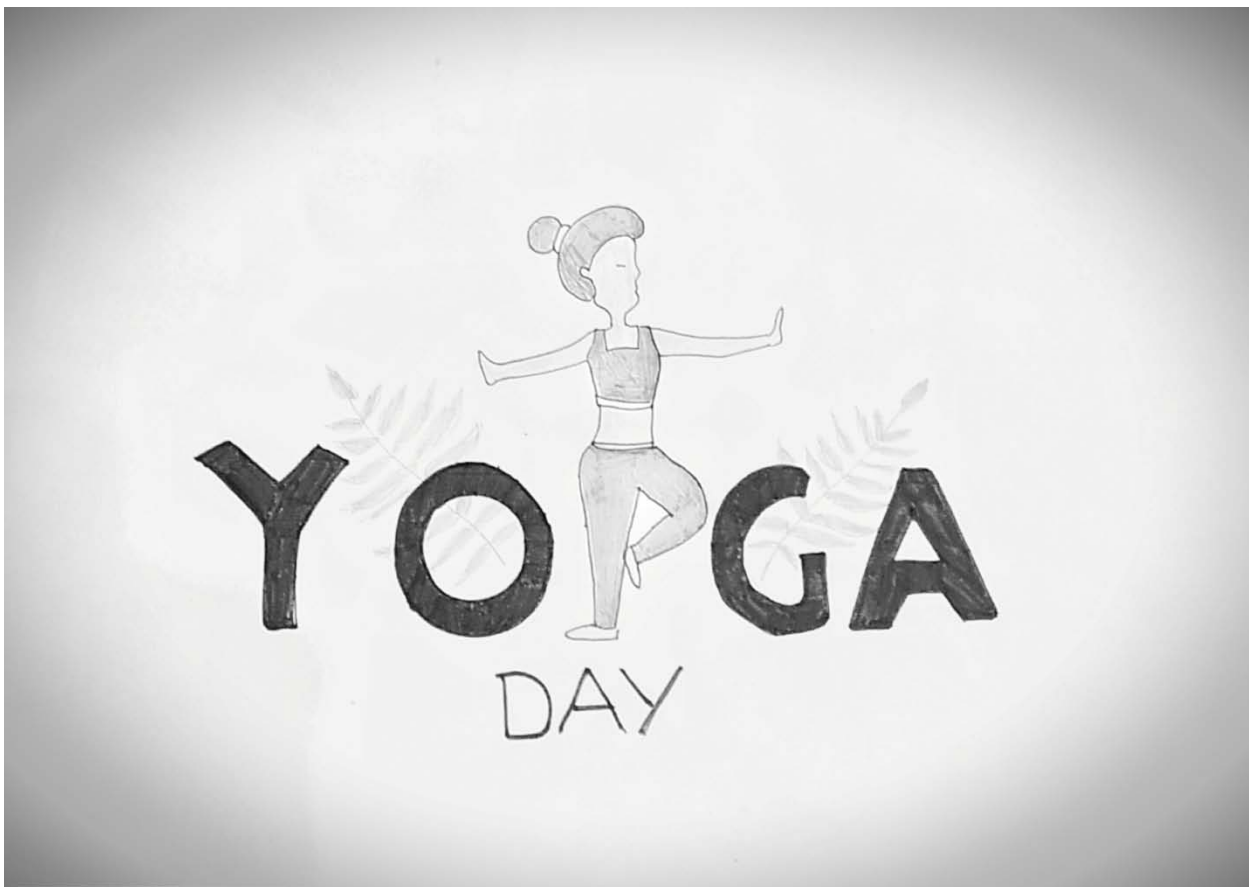
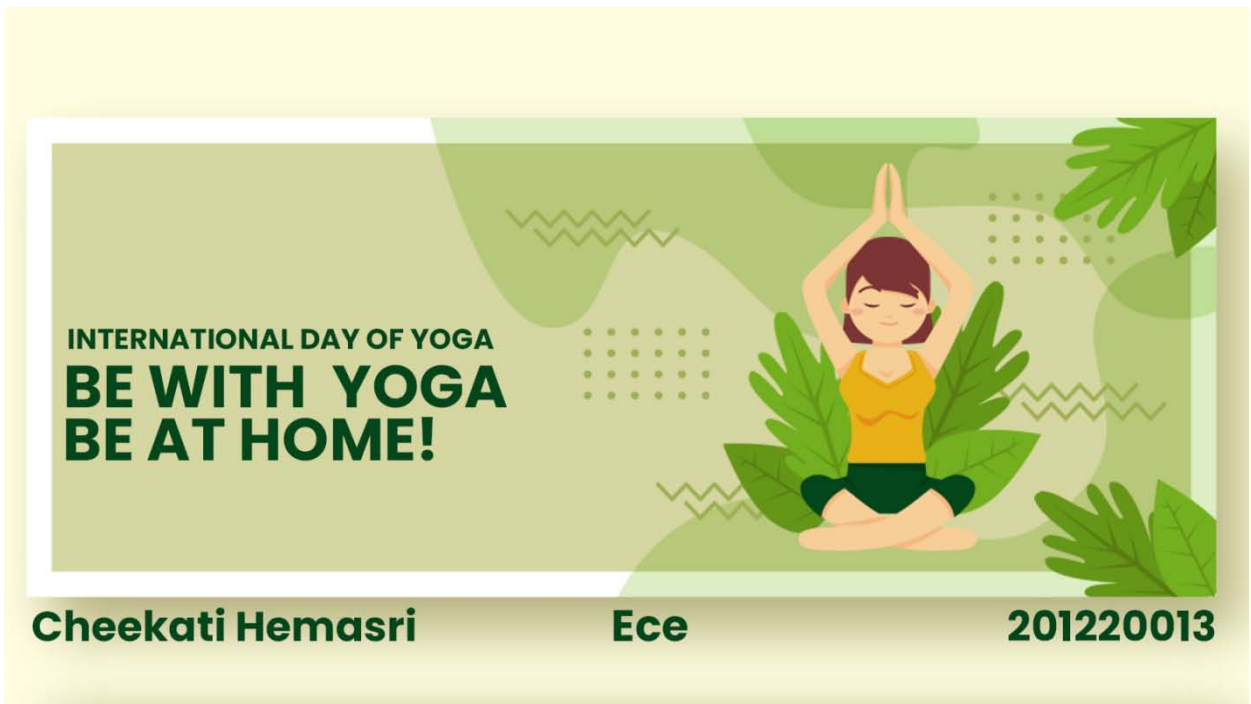




Students of NIT Delhi practicing Yoga Asanas at their home on IDY 2021



Posters made by various students of NIT Delhi





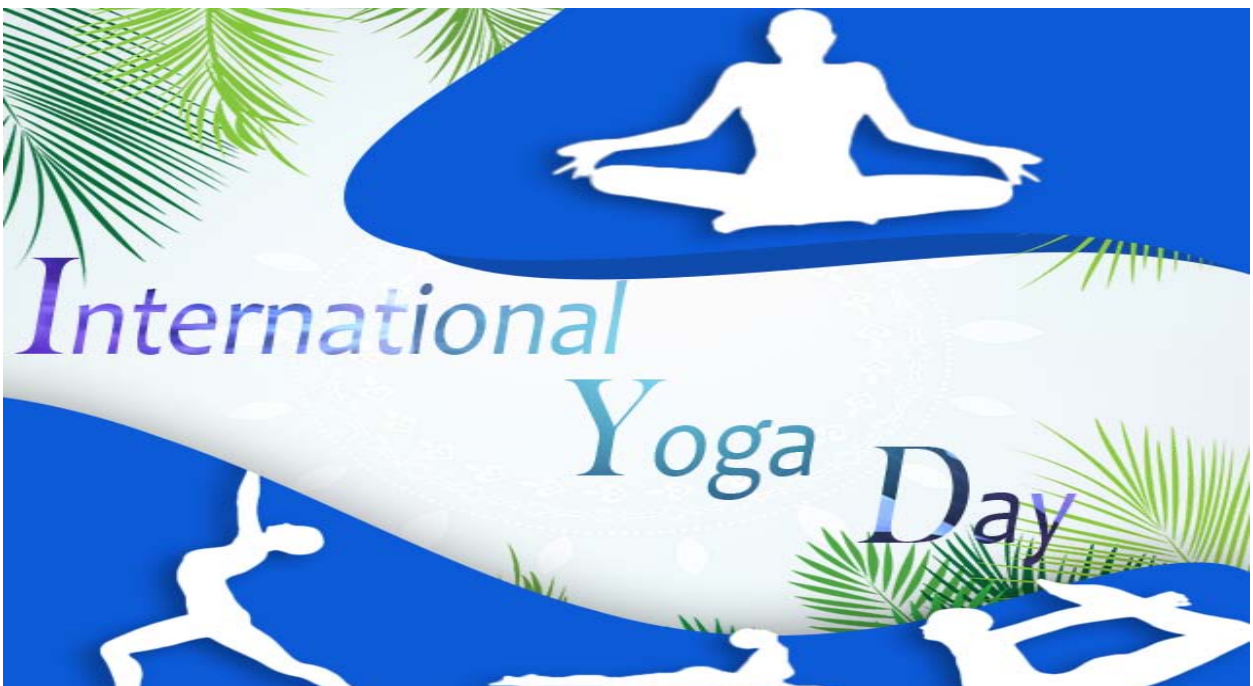
Wear a mask

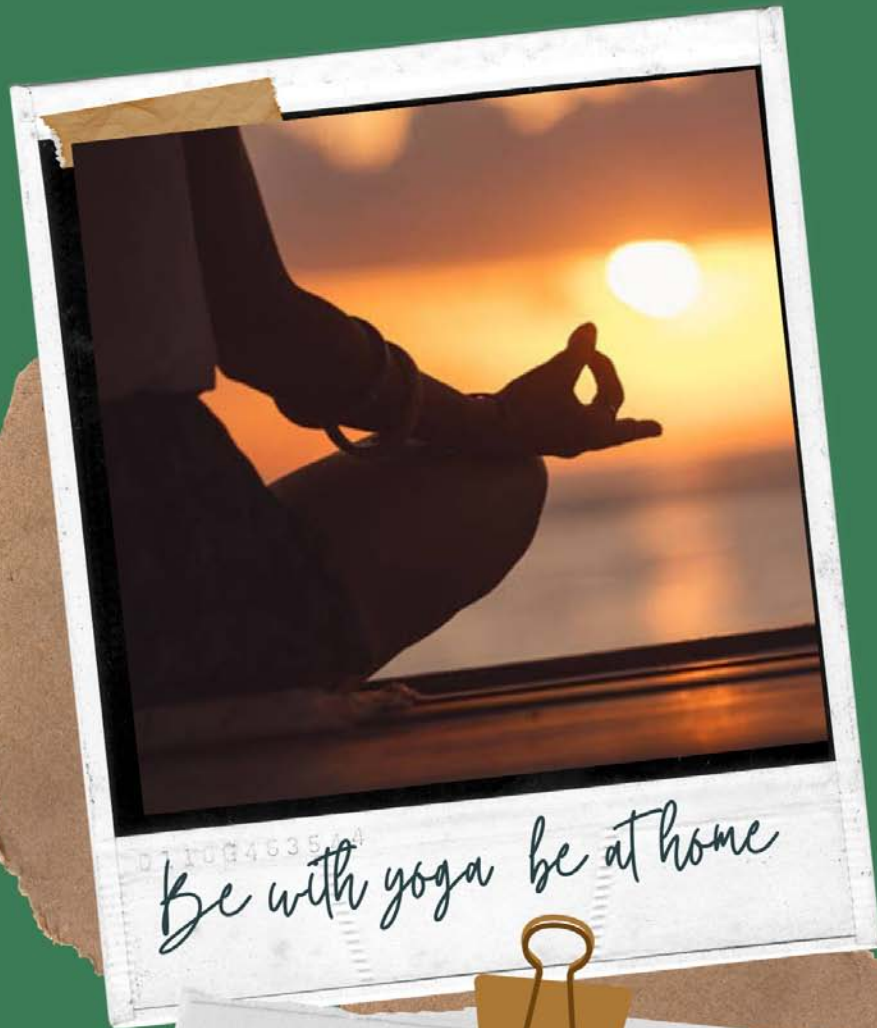


Chill at Home

"Corona Se Dare Nahi  
Yog Pratidin Kare Sabhi"

21<sup>st</sup> JUNE  
INTERNATIONAL  
Yoga Day

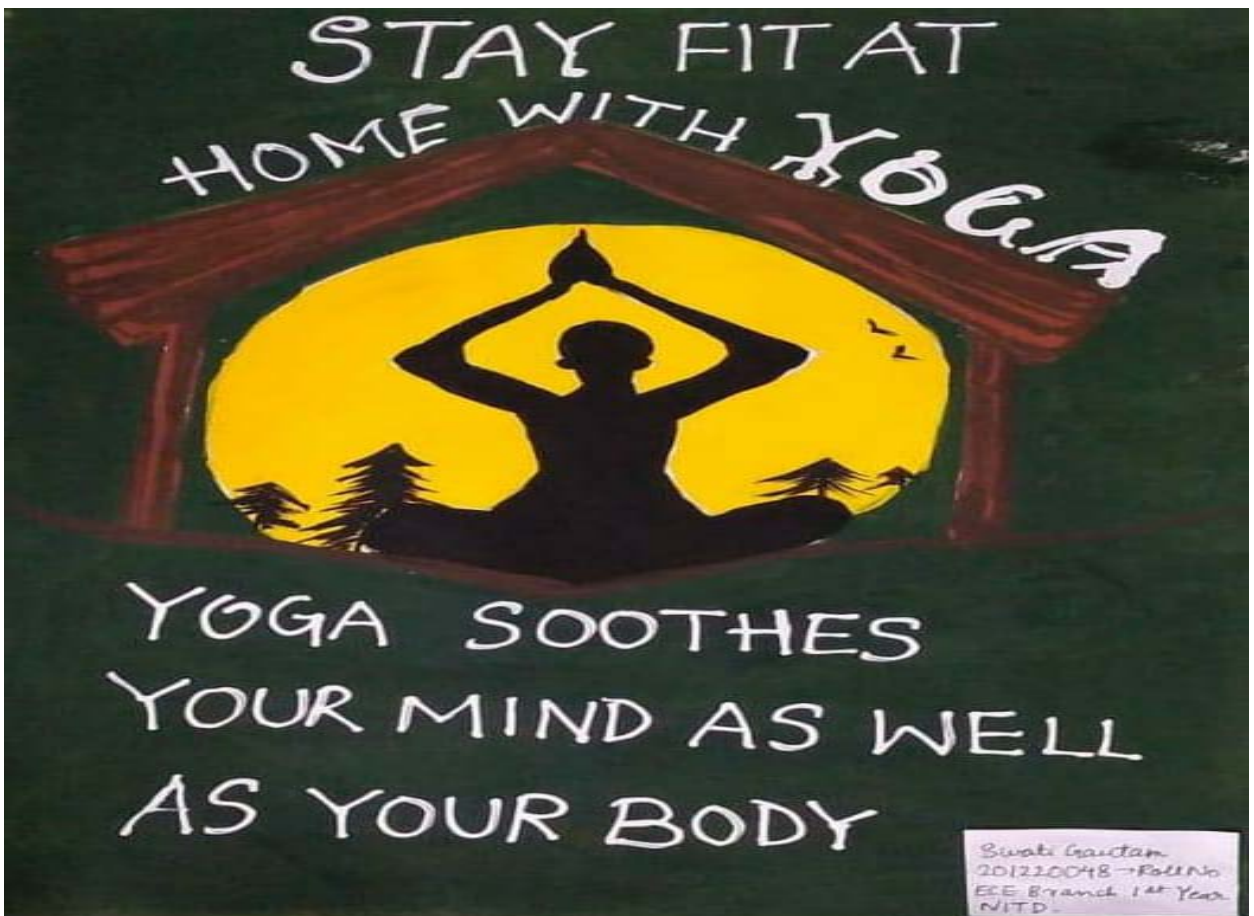
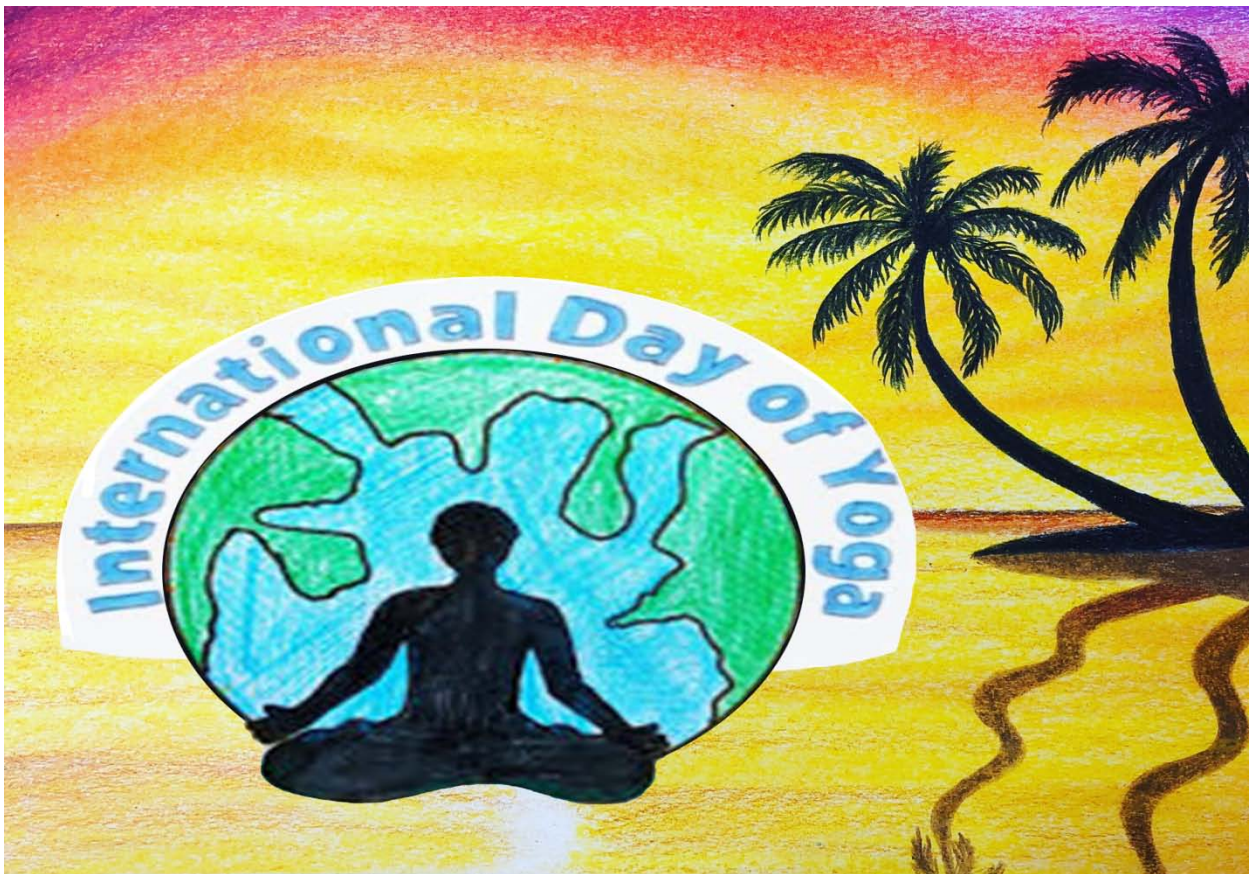




Be with yoga be at home

Yoga adds years to  
your life and life to  
your years

**- Vipasha Thakur**  
**Roll no. 201220055**  
**Branch: ECE**



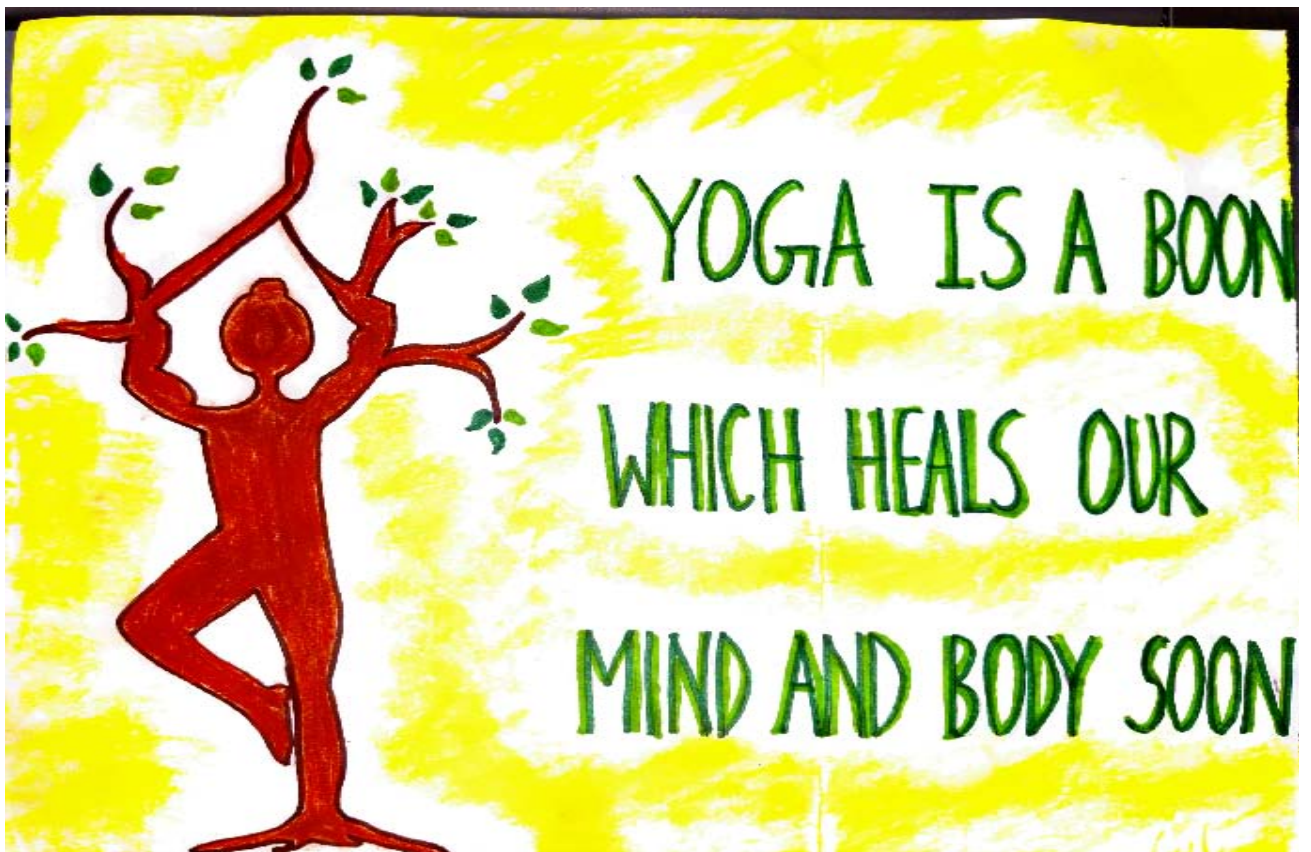
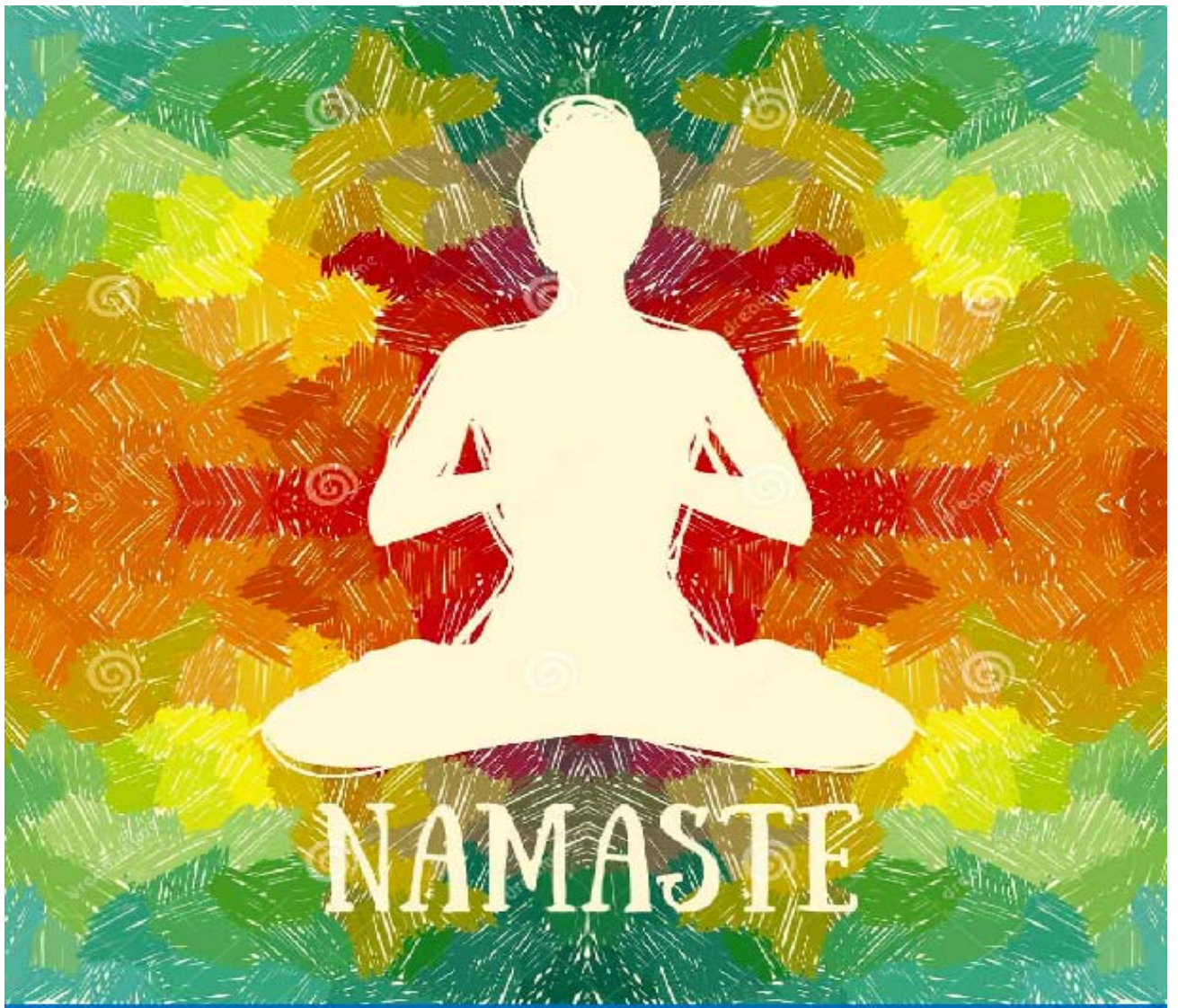
# International Yoga Day

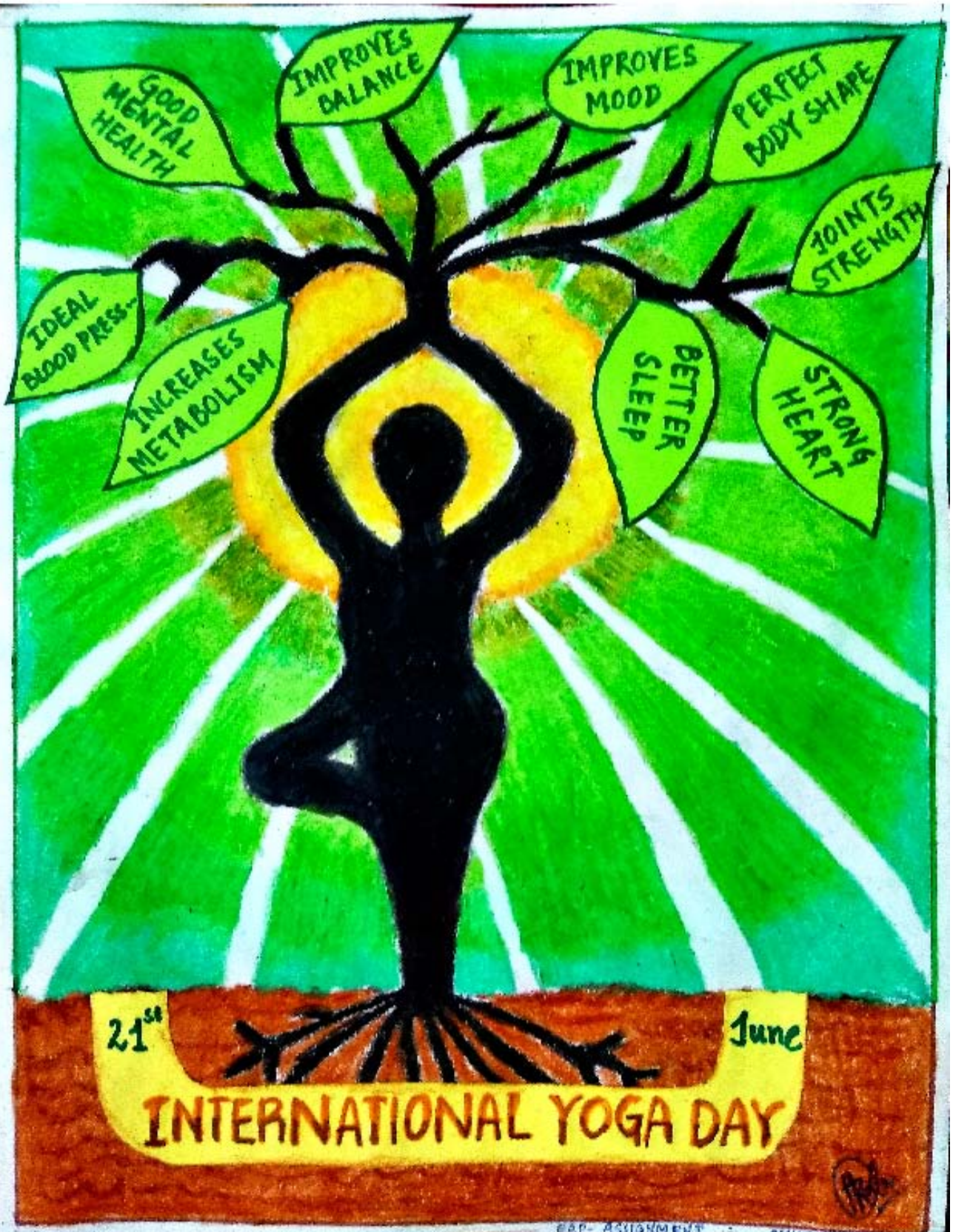
Salamba Sarvangasana  
Kumbhikasana  
Bakasana Virabhadrasana Dhanurasana  
Ananda Balasana Sirsasana  
Astavakrasana Vrksasana  
Urdhva Dhanurasana  
Ardha Chandrasana  
Uttana shishosana  
Kapalabhati Pranayama  
Paschimottasana  
Bhujapidasana  
Vajrasana  
Padasana  
Malasana  
Ardha Hanuman  
Garudasana  
Tadasana  
Dhyana  
Utkatasana  
Savasana  
Ustrasana  
Trikonasana  
Pincha Mayurasana

## Surya Namaskar

BY  
ARYAN SRIVASTAVA  
FIRST YEAR, CSE







21<sup>st</sup>

June

INTERNATIONAL YOGA DAY

*[Signature]*

80P- ASSIGNMENT : 2021-22



Yoga is Journey of the self, through the self, to the self

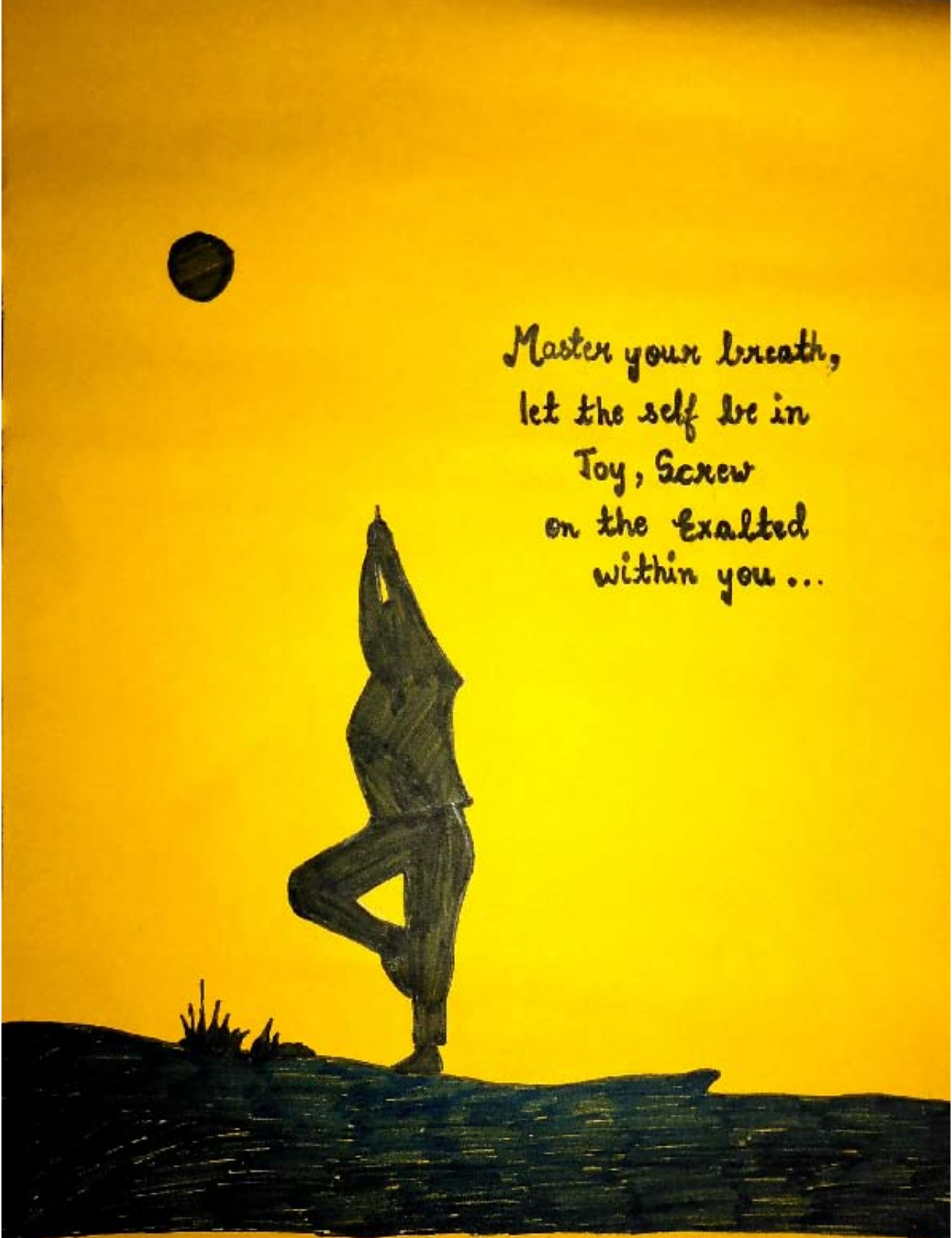


International Yoga Day 2021

RAMANI DULPALA ..... ECE BRANCH ..... 201220019

Yoga: Bridging  
the gap  
Between Soul  
and  
Peace

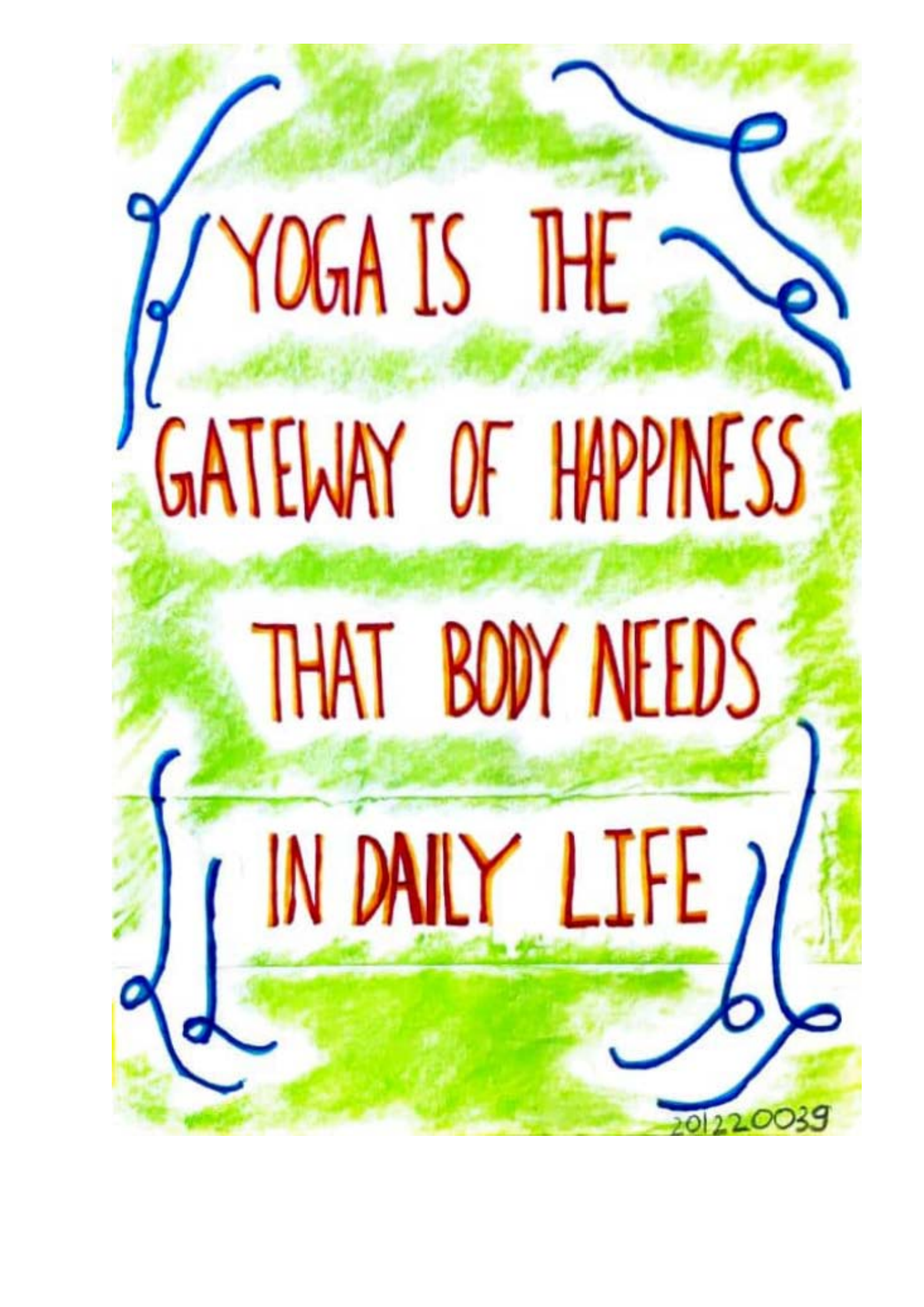
Name - Karan Varshney  
Branch - EEE  
Year - I Year  
Roll No. - 201230020  
Subject - Slogan for Yoga Day  
(21st June)

A hand-drawn illustration of a person in a yoga pose, standing on a dark, textured hill. The person is depicted in a dark, textured style, with their arms raised and hands clasped above their head. The background is a solid yellow color, with a small black circle in the upper left corner. The overall style is simple and expressive.

Master your breath,  
let the self be in  
Joy, Screw  
on the Exalted  
within you...

TANISHQ NIRMAL

201220049



YOGA IS THE  
GATEWAY OF HAPPINESS  
THAT BODY NEEDS  
IN DAILY LIFE

201220039

IN THIS PANDEMIC Many  
Of us are gaining weight  
by STAYING HOME. TO  
Lose weight (or) TO  
become HEALTHIER is by  
using this YOGA which  
does not REQUIRED ANY  
EQUIPMENT

"Stay HOME  
Do YOYA daily,  
Stay SAFE and  
HEALTHY!"

**Be with  
Yoga,  
Be at  
Home!**

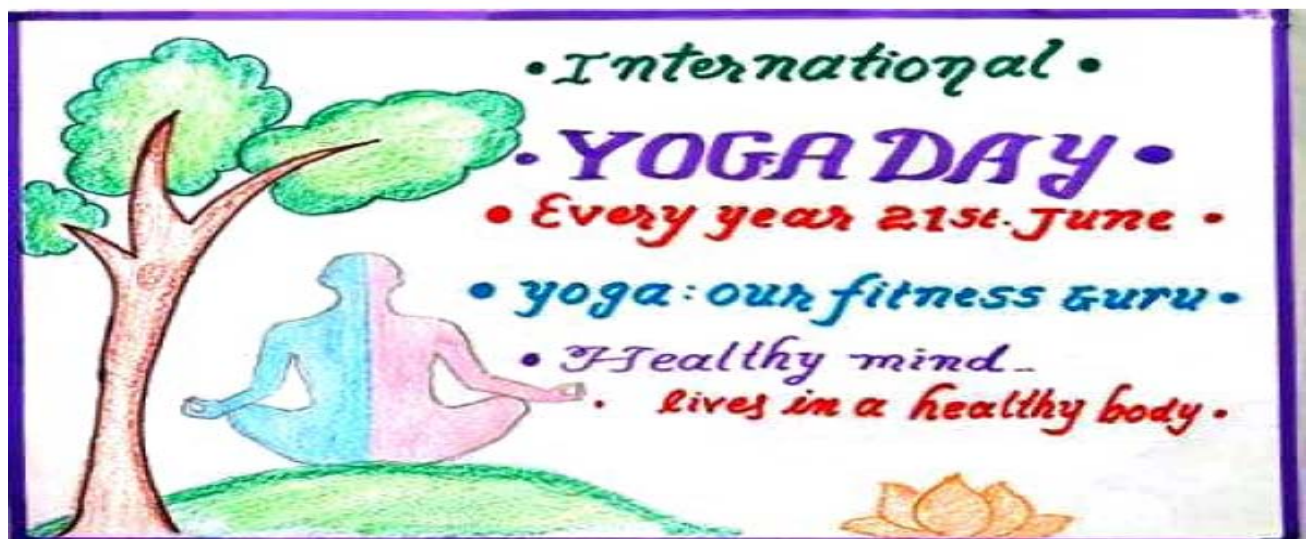
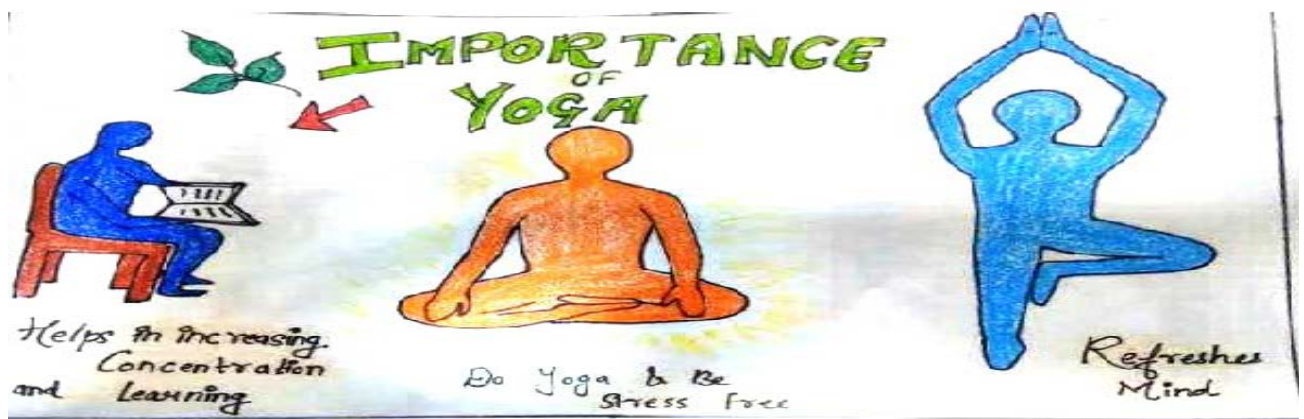


***BE WITH YOGA....  
BE AT HOME!***

***HAPPY INTERNATIONAL  
YOGA DAY***

**STAY HOME  
STAY SAFE**

NAME: MOTHE RISHI  
ROLLNO:201220030  
BRANCH: ECE



# National Institute of Technology, Delhi

INTERNATIONAL  
YOGA DAY



*" Our body exists in  
past and our mind  
exists in the future.  
In yoga they  
come together in  
the present "*

**#BE WITH YOGA, BE AT HOME**



**Manas Khantal**  
**Roll no.-**  
**201210028**  
**CSE Branch**



Clear your head, feel  
the flow and celebrate

# *International Day of Yoga*

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AYUSHI ARYA

201210012

CSE

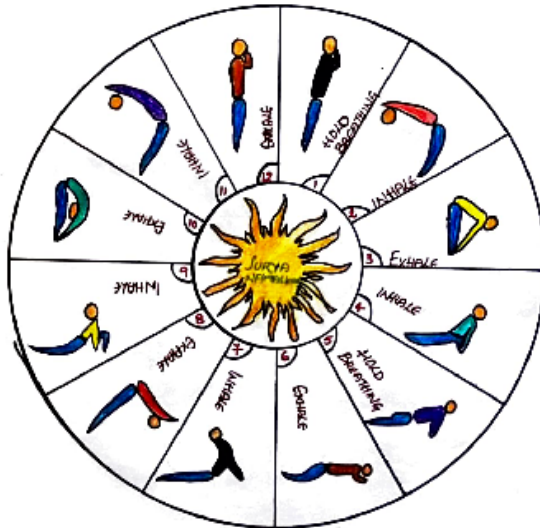
EAP ASSIGN.

# Happy International Yoga Day



• International •  
• **YOGA DAY** •  
• Every year 21st June •  
• yoga: our fitness guru •  
• Healthy mind -  
• lives in a healthy body •

# International Day of YOGA



- YOGA IS AS OLD AS INDIA!
- YOGA IS A FORM OF MEDITATION AND DISCIPLINED LIFE!
- YOGA IS THE PRACTICE THAT ORIGINATED IN INDIA BUT IS PRACTICED WIDELY THROUGHOUT!
- YOGA IS A WAY OF FEELING RELAXED AND CALM!
- YOGA IS THE EXTERNAL AND INTERNAL PURIFIER!
- YOGA IS A BOON FOR ALL OF US!
- YOGA IS THE JOURNEY "OF THE SELF" "TO THE SELF" AND "THROUGH THE SELF"!
- YOGA IS A DANCE BETWEEN CONTROL AND SURRENDER!

★ SURYA NAMASKAR ★

★ JATHOD HANUMANTH NAYAK ★  
★ 20/22/0022 ★  
★ ECE ★



Wear a mask

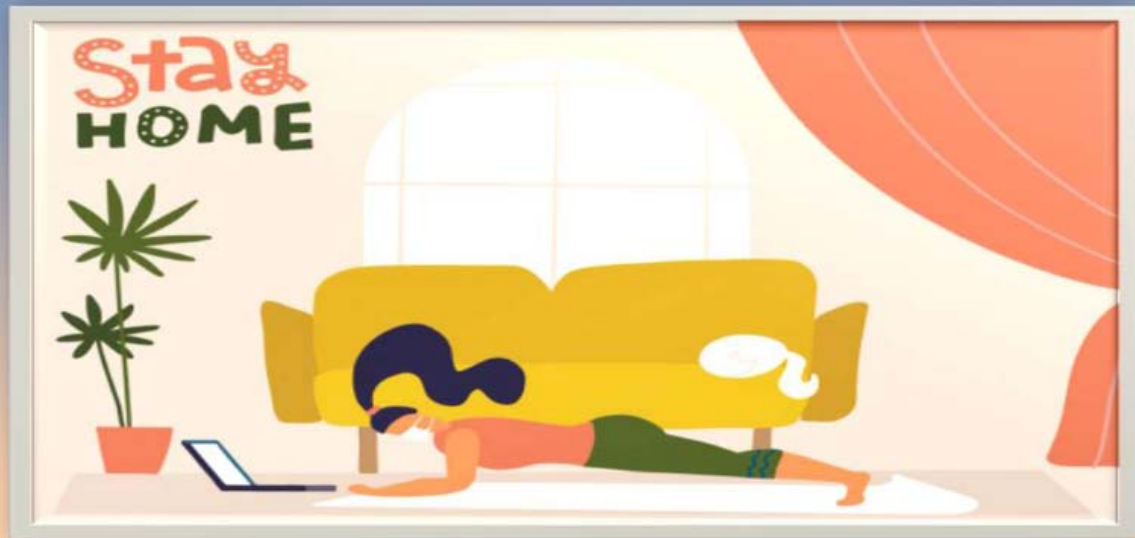


Chill at Home

"Corona Se Dare Nahi  
Yog Pratidin Kare Sabhi"

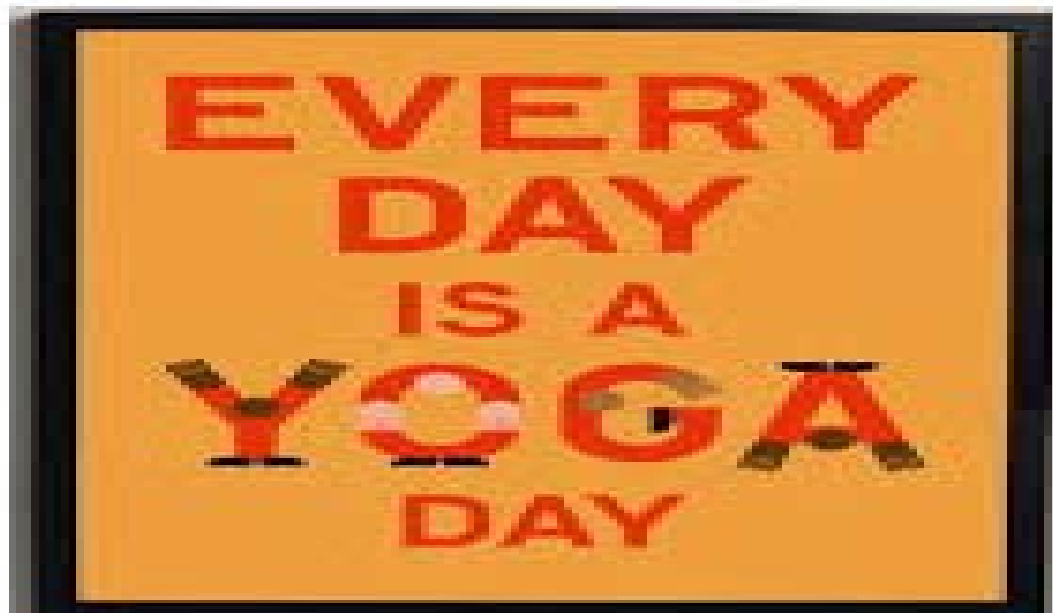
21<sup>st</sup> JUNE  
INTERNATIONAL  
Yoga Day

**BE WITH YOGA....  
BE AT HOME!**



**HAPPY INTERNATIONAL  
YOGA DAY**

NAME: BHARGAVA ORUGANTI  
ROLLNO:201210032  
BRANCH: CSE



Students participated in various Quiz's organized by Ministry of Ayush on  
IDY 2021





# Certificate

-OF PARTICIPATION-

Ministry of AYUSH & MyGov congratulate

*Prakhar*

for successfully completing  
**International Day of Yoga (2021) Quiz.**  
We salute your effort. Keep participating.

**Shri P.N.Ranjit Kumar**  
Joint Secretary, Ministry of AYUSH



# Certificate

-OF PARTICIPATION-

Ministry of AYUSH & MyGov congratulate

*Satyajeet Rout*

for successfully completing  
**International Day of Yoga (2021) Quiz.**  
We salute your effort. Keep participating.

**Shri P.N.Ranjit Kumar**  
Joint Secretary, Ministry of AYUSH



# Certificate

-OF PARTICIPATION-

Ministry of AYUSH & MyGov congratulate

*Ronald M*

for successfully completing  
**International Day of Yoga (2021) Quiz.**  
We salute your effort. Keep participating.

**Shri P.N.Ranjit Kumar**  
Joint Secretary, Ministry of AYUSH