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## C.M. Dubey Post Graduate College, Bilaspur(C.G.)

(NAAC Accredited 'A'. UGC declared college having 'Potential for Excellence')  
A constituent College of Atal Bihari Vajpae Vishwavidyalaya, Bilaspur (Chhattisgarh)

S.No. :CMD/ /20

Date 25/06/2020

### REPORT OF INTERNATIONAL YOGA DAY CELEBRATION (IYD)2020

#### AN INTERNATIONAL E-SEMINAR ON "LIFE STYLE MANAGEMENT: A HOLISTIC APPROACH"

June 21, 2020 (Sunday) at 3 PM

Organised by IQAC, C.M. DUBEY POST GRADUATE COLLEGE, BILASPUR (C.G)

Mission: TO PROMOTE GLOBAL HEALTH, HARMONY AND PEACE

Our Goal for IYD: *To enhance the quality of higher education by creating innovative learning ecosystem.*

The idea of International Day of Yoga was first proposed by the current Prime Minister of India, Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on 27 September 2014 to promote global health, harmony and peace in the world.

On the auspicious occasion of International Yoga Day (ITD) 2020 With the inspiration of College administration an initiative was taken by Internal Quality Assurance Cell of the College to organize an International Webinar on "Life Style Management: A Holistic approach".

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 in well being. Let us work towards adopting an INTERNATIONAL YOGA DAY.

Yoga is fast gaining a rapidly popularity world -wide, It is becoming increasing important to create the pertinent space for authentic yoga into the mainstream education.

NAAC has suggested creation of eco-systems across Higher Education Institutions that scientifically would open every possibility of exploration (tapped-untapped) across various dimensions of Traditional Authentic Yogic Principles (physical, psycho-social, emotional, employability generation etc);

The organizing committee thought that Unification of cultural diversity will be a great gift on the IYD to the world undergoing globalization and decided to make this activity international. An attempt was made to associate various college alumni's of the institution and lovers of yoga across the world.

**Registration:** Free

Participants were requested to join through given on Google Meet social media platform by filling up the registration form. The activity was also streamed on live face book and you tube. **Sri Sanjay Dubey, Hon'ble Chairman Governing Board, C.M.Dubey Post Graduate College, Bilaspur (Chhattisgarh)** in welcome address warm welcome to the guests and the participants. He emphasized the significance of yoga in life style management.

**Patron: Dr Sanjay Singh, Principal (In Charge)** extended warm welcome to Hon'ble guests and thanked the participants for their overwhelming response and zeal to join us on the occasion. He expected that enlighten deliberations in the webinar will guide us in the formation of wellbeing.

Prof. G.D. Sharma Hon'ble Vice Chancellor, Atal Bihari Vajpaae Vishwavidyalya, Bilaspur (Chhattisgarh) expressed his pleasure and congratulated the institution for organizing the academic activity to inspire the participants. He discussed that Yoga is a glorious traditional knowledge system of India and explained its relevance on scientific basis.

Air Marshal Sri M. Baladitya Hon'ble AVSM, VSM India an alumni of the College has graced the occasion as special guest. In his extremely inspiring address he discussed the parameters to achieve optimal performance.

Dr R. Nagrathna, Director Arogyadham, , the Holistic Health Centre, Svyasa, Bangalore and a Senior International faculty of VAYU, LosAngeles, USA delivered her keynote address on "Life style Management through Yoga". She is has been felicitated with many prestigious international and national repute. She discussed the significance of Yoga with a perspective of ancient wisdom of Indian philosophy she tried to combine the traditions of knowledge of the East with knowledge of the west. She discussed that Yoga is a natural a sustainable way to cope up with the challenges of globalization in a scientific manner.

Dr Amit Singh, Associate Professor, Svyasa, Arogyadham, Bangalore is also a personality of International repute. He discussed "Prevention of COVID 19 by Yoga". He explained the physiological and psychological aspects to combat the situation of COVI19 by yoga. In his concluding remarks he said that Yoga is to be lived by inhaling your emotional balance.

Dr Mrs. Meena Tanjani, Assistant Professor, Durga College, Raipur explained the science of "Yog Pran Vidya" to maintain emotional balance to sustain in life situations.

*Vote of thanks was proposed by Organising Secretary (Mrs.) V. P. Dubey, Coordinator, IQAC, C.M.Dubey Post Graduate College, Bilaspur. Registerd 981; participants 714.*

*Technical Assistance: Dr Mrs. S. Pavani, Head Dept. of Computer Science, C.M.D. Post Graduate College, Bilaspur (CG)*

**Dr V.K.Gupta, Convener & Coordinator NAAC Cell, C.M.Dubey Post Graduate College, Bilaspur** has conducted the program.

