

EIGHTH INTERNATIONAL YOGA DAY, 21 JUNE 2022 REPORT

Department of Naturopathy and Yoga has conducted different activities and programs in perspective of 8th International Yoga Day Celebration from April to June 2022. The Aim of the program was cover different communities and train the basics of yoga with which each and every person will get the benefits.

Overall through the camps, workshop and webinar more than 1000 people were benefitted and their humble & polite feedback had assured their acceptance of yoga in their lifestyle.

Some of the key highlights of the schedule are:

1. YOGA AWARENESS PROGRAMME FOR UNIVERSITY HOSTELS
2. YOGA AWARENESS CAMP FOR SCHOOLS
3. YOGA CAMPS FOR VILLAGES
4. WORKSHOP ON ALTERNATIVE THERAPIES
5. WEBINAR ON WELLNESS THROUGH YOGA
6. YOGA FOR NATIONAL SECURITY AND SERVICE UNITS (NCC, NSS & POLICE)
7. YOGA ACTIVITIES IN RISHIKESH YOGPEETH
8. YOGA CAMP ENGINEERING COLLEGE, GHURDAURI (PAURI GARHWAL)
9. YOGA CAMP IN NIT, SRINAGAR GARHWAL

21 JUNE 2022 CELEBRATION

As per the direction of UGC/MHRD/AYUSH, DSW & Dept. of Naturopathy and Yoga the schedule for the 8th International yoga day is as follows:

Assembly	5:30 AM to 6:30 AM
Welcome Message by Hon'ble Union Minister and other Dignitaries	6:00 AM to 6:40 AM
Address by Hon'ble Prime Minister	6:40 AM to 7:00AM
Yoga Protocol	7:00 AM to 7:45 AM
National Anthem	7:46 AM

The day opened with a bright and sunny morning with the number of participants at the venue for yoga practice. The presence of hon'ble VC, pro VC, Dsw and other university officials have made it more enthusiastic. Yoga protocol was headed by the faculties of the department. Students of the Yoga department also performed a yoga demonstration to reflect the mind and body balance. This event was open for all in which people from outside the university has also participated and found themselves relaxed after the session. The program concluded with the Shanti path and refreshment. In a nutshell the event was great success and reflected the theme “Yoga for Humanity”. Total participants were approx 100.









