

UNIVERSITY OF NORTH BENGAL

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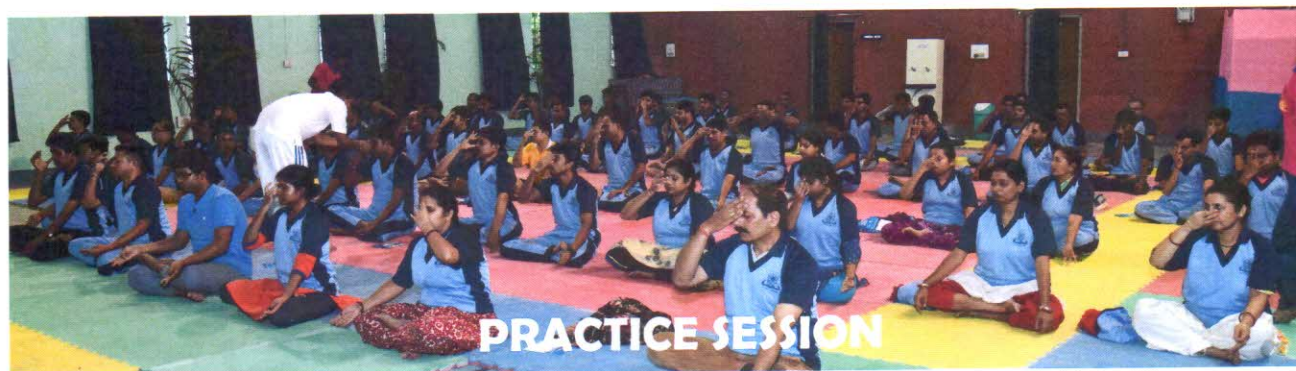
ENLIGHTENMENT TO PERFECTION

REPORT OF THE "3RD INTERNATIONAL DAY OF YOGA"

The **3rd International Day of Yoga** was observed in this University in a befitting manner on **21st June, 2017** morning. The Programme was inaugurated by Prof. Amitabha Mukhopadhyay, Chairman, Sports Board, of University of North Bengal at 7 a.m. by lightening the candle, and it was held at the University Indoor Stadium (Khelaghar).



Prior to the date of commencement of the programme as per a circular, Students, Research Scholars, Teachers, Officers and Non-teaching Staff of the university registered their names as participants of the programme. They also participated in a practice session of one hour duration on 20th June, 2017 with the help and under the guidance of some experts & demonstrators.



Finally, on 21st June, 2017 after a brief inaugural ceremony, where the significance and relevance of practicing Yoga in modern days and making it a part of our daily life was highlighted through speeches, the participants took part in a Yoga session in front of the guests and spectators that started at 7.15 a.m. and lasted until 8.30 a.m. Uniforms free of cost were distributed to all the participants. The programme schedule went like this:

- Inauguration of the programme by lightening the candle,
- Welcome speech,
- Speech on Yoga by the experts,
- Demonstration by external experts & demonstrators,
- Yoga breathing exercises (Pranayama),
- Yoga basic exercises (Asanas and Mudras),
- Meditation (Dhyan),
- A quiz programme on Yoga where winners were given prizes,
- Vote of thanks.

All the Participants were provided with one printed copy of **Common Yoga Protocol** (downloaded from the website of **Ministry of Ayush**) for the future guidance & practice. Refreshments were provided to all the participants on both 20th and 21st June 2017. The organizers were delighted to receive a very good response from all the stakeholders of the university. Some photographs with brief titles are attached below.

