



ARMY INSTITUTE OF EDUCATION



AFFILIATED TO GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY, NEW DELHI

ACCREDITED 'A' GRADE BY NAAC | AWARDED 'A' GRADE BY JAC | NCTE RECOGNISED | APPROVED BY RCI | ISO CERTIFIED INSTITUTE

PLOT M1, POCKET P-5, Sector Chi 2, Greater NOIDA



REPORT

INTERNATIONAL YOGA DAY 2023

Theme : *Yoga For Vasudhaiva Kutumbakam*

Date: 20 & 21 June 2023

Introduction:

International Yoga Day, observed worldwide on June 21st, is a momentous occasion that celebrates the ancient practice of yoga and its profound impact on physical, mental, and spiritual well-being. In 2023, the Army Institute of Education in Greater Noida organized a remarkable two-day event to commemorate this global observance. The event aimed to promote the practice of yoga, raise awareness about its significance, and inspire individuals to embrace yoga as a way of life. This report delves into the detailed account of the event, highlighting the activities, guest speakers, participants, and the overall impact on the institute and its community.

Day 1: June 20, 2023

Yogabhayas

The first day of the event commenced with an early morning session called 'YOGABHYAS,' meaning Practicing Yoga. Led by Mr. Yogesh Kumar, the coordinator of Yogabhyas, the session took place from 6:00 am to 7:00 am within the serene campus of the Army Institute of Education. The esteemed guest, Yogacharya Ved Rishi from Patanjali, graced the event with his presence and guided the participants through various yoga asanas and techniques. The participants, including students from B.Ed and B.Ed spl., faculty members, and non teaching staff, eagerly followed Ved Rishi ji's instructions, immersing themselves in the transformative experience of yoga.



Yogabhyas by Students, Faculty Members & Non Teaching Staff



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Lecture & Q&A

Following the invigorating session of yogic practices, Yogacharya Ved Rishi delivered a captivating lecture on the importance of yoga in one's life. With deep wisdom and profound insights, he emphasized the significance of maintaining a healthy lifestyle and drew attention to a shloka from the Bhagavad Gita, emphasizing the need to improve eating habits and daily routines. The lecture was followed by an engaging question-and-answer session, during which students eagerly sought advice on stress management and overall well-being. Ved Rishi ji graciously provided guidance, recommending specific pranayama techniques such as Anulom Vilom and Brahmari to alleviate stress. In response to queries about vision improvement, he suggested Tratak Kriya and the use of *Trifla-infused* water for eye washing, incorporating the wisdom of *Ayurveda*.



Yogacharya Ved Rishi ji Demonstrating the Benefits of Yoga in One's Life

Day 2: June 21, 2023

On the second day of the event, the students of the B.Ed batches 21-23 and 22-24, accompanied by *Mr. Yogesh Kumar, Asst Prof AIE* and Girls Hostel Warden *Ms. Kusum Mishra*, embarked on a journey to GGSIP University. The purpose was to participate in the grand celebration of International Yoga Day organized by the university. The students were thrilled to join peers from various universities and colleges, collectively immersing themselves in the practice of yoga. The collaborative atmosphere and the convergence of like-minded individuals further enriched their understanding and experience of yoga.



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Theme : Yoga For Vasudhaiva Kutumbakam



H2W9+GR6, Golf Course Rd, Pocket



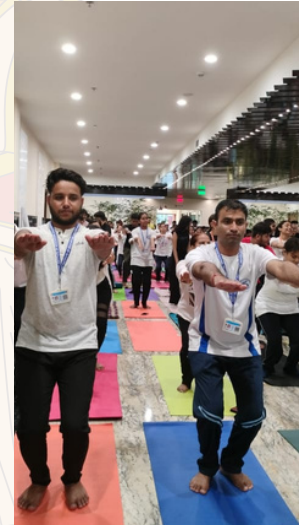
H2W9+GR6, Golf Course Rd, Pocket 4, Sector 16 C, Dwarka, De



H2W9+GR6, Golf Course Rd, Pocket 4, Sector 16 C, Dwarka, Delhi, 110078, India

Latitude
28.5964193°
Local 08:26:32 AM
GMT 02:56:32 AM

Longitude
77.0191347°
Altitude 213 meters
Wednesday, 21.06.2023



"SNAPSHOTS OF THE DAY AT GSSIP UNIVERSITY"

21.06.2023



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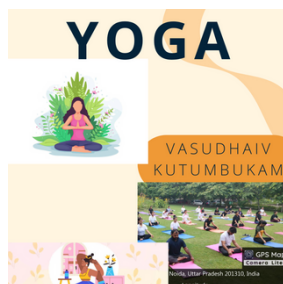
Theme : *Yoga For Vasudhaiva Kutumbakam*

QUIZ : International Yoga Day

Upon returning to the Army Institute by 11:00 am, the participants were engaged in a captivating and enlightening activity, namely a quiz based on yoga. Dr. Azkia Khan, Asst Prof AIE, devised the quiz to enhance the students' knowledge and deepen their understanding of yoga's principles and practices. The quiz consisted of 40 thought-provoking questions, with each question carrying one mark. To qualify for a certificate, students needed to achieve a minimum score of 60%. This interactive activity not only tested their knowledge but also served as a valuable learning experience.

Here is the URL for the Quiz : <https://shorturl.at/adsSX>

E-Poster Making



Parallel to the quiz, an E-Poster Making event was organized under the guidance of Dr. Jyoti Tiwari, Asst Prof AIE. Students wholeheartedly participated, showcasing their creativity and artistic skills as they designed

numerous posters aligned with the theme "Yoga for Vasudhaiva Kutumbakam." Through these expressive visuals, the participants conveyed the essence of yoga, emphasizing its unifying nature and its potential to foster a harmonious global community.

Sample : E-Poster Submissions by Students



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Rhythmic /Musical Yoga Inter House Competition

Furthermore, a Musical Yoga Inter House competition added a cultural touch to the event. Coordinated by *Mr. Chintan Kapoor, Asst Prof AIE* the competition witnessed the active participation of four houses, namely Pragma, Pratishtha, Pragyanam, and Pratigya. The performances showcased the participants' talents in Rhythmic & Musical Yoga on Different Sanskrit chanting and shlokas. The esteemed panel of judges, consisting of *Dr. Abhilasha Gautam, Principal Army Institute, Mr. Karthikeyan P, and Ms. Kriti Guleria, Assistant Professors at Army Institute*, assessed the presentations. The competition fostered a spirit of healthy competition and showcased the participants' dedication to their craft. Pratishtha House secured the first position, with Pragma and Pratigya securing second and third positions, respectively. The event not only promoted cultural diversity but also highlighted the deep-rooted connection between yoga and traditional Indian practices.



Performance by Pragma House



Performance by Pratishtha House



Performance by Pragyanam House



Performance by Pratigya House



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Group Photograph: Dr Abhilasha Gautam, Principal AIE, motivating all the Participants

Slogan Writing

To conclude the event on a creative note, a slogan writing event was held under the guidance of Ms. Juhi Bidhuri, Asst Prof AIE an esteemed faculty member. Students enthusiastically participated, expressing their thoughts and reflections on International Yoga Day 2023 through meaningful and impactful slogans. This activity encouraged them to articulate their understanding of yoga's significance and its transformative potential in one's life.



Sample : Slogans Writing submissions By Students



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Conclusion:

The International Yoga Day event organized by the Army Institute of Education, Greater Noida, stood as a testament to the institute's commitment to promoting holistic well-being and nurturing a deep understanding of yoga. The two-day event successfully facilitated an immersive experience in yoga through a series of activities, including Yogabhyas, a lecture by Yogacharya Ved Rishi, participation in the main event at GGSIP University, quizzes, E-Poster Making, a Musical Yoga Interhouse competition, and slogan writing. The event not only celebrated the physical and mental benefits of yoga but also highlighted its profound spiritual and cultural significance. Through the guidance of eminent guest speakers and the active participation of students, faculty, and staff, the event fostered a sense of unity, mindfulness, and the pursuit of holistic growth. Participants gained invaluable insights into the practice of yoga, its principles, and its relevance in contemporary life. The event served as a catalyst for personal and collective transformation, inspiring individuals to embrace yoga as a way of life. By celebrating International Yoga Day with the theme "**Yoga for Vasudhaiva Kutumbakam**," the Army Institute of Education not only contributed to the global movement of promoting yoga but also instilled in its community a deeper appreciation for the ancient wisdom encapsulated in this profound practice. The event's success serves as a beacon of inspiration for future endeavors and affirms the Army Institute's commitment to fostering holistic education and well-being.



Abhilasha Gautam

Dr. Abhilasha Gautam

Principal, AIE

