



ARMY INSTITUTE OF EDUCATION

Affiliated to Guru Gobind Singh Indraprastha University, New Delhi
Awarded 'A' Grade by NAAC & JAC | NCTE Recognized | Approved by RCI | ISO Certified Institute
'Institute under the aegis of Army Welfare Education Society (AWES)'
Plot M-1, P-5, Sector- Chi, Gr. NOIDA | Ph.: 0120-2343741/ 42 | e-Mail: aie@awesindia.edu.in | www.aie.ac.in



Report on International day of Yoga

(Date: - 21st June 2024)

International Day of Yoga was organized by NSS Cell, Army Institute of Education, Greater Noida on 21st June, Friday at Yoga lawn within College Premises. The event was inaugurated by a keynote address by Col. Abhay Rajvanshi, Registrar, AIE. Faculty members of AIE and AIMT as well as Students of first and second year of B.Ed. and B.Ed.spl. Ed. were present in the lawn. Ms. Ritu Arya, a Yoga Trainer was called from Gurukul Kangri, Haridwar for the event.

This year marks the 10th "International Day of Yoga" with the theme -Yoga for Self and Society. Yoga, a transformative and traditional practice, represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfilment. The UN passed a resolution on December 11th, 2014 during the 69th session of the General Assembly to proclaim June 21 as International Day of Yoga. Speaking at the session, Modi had said, "Yoga is an invaluable gift from our ancient tradition. In September 2014, India's Prime Minister Narendra Modi, in his UN address, suggested an annual Day of Yoga on June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

There are numerous benefits of yoga for our life. Regular Yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centres attention; and sharpens concentration. Yoga incorporation of meditation and breathing can help improve a person's mental and physical well-being. Other physical benefits of yoga include: increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality, maintaining a balanced metabolism, weight reduction, cardio and circulatory health, improved athletic performance, protection from injury, Yoga helps a person manage stress. Stress can reveal itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate. Yoga can be very effective in developing coping skills and reaching a more positive outlook on life.

OBJECTIVES

- To build strength, awareness and harmony in both the mind and body.
- To make life harmonious.
- To help improve a person's physical and mental well-being.
- To instil habit of Yoga practice
- To know the benefits of Yoga.
- To preserve the age old tradition of Yoga
- To know methods to manage stress

Activity: - Faculty members and students assembled in the Yoga lawn at the prescribed time, 7.00 a.m. in the morning. Yoga trainer Ms. Ritu Arya presented many yoga Asanas. The first was Surya- Namaskar which was followed by Pranayams and many asanas like trikonasana, dhanurasana, chakrasanas. The whole activity took place for one hour and ended at 8.00 a.m. at the end National song was sung.



Conclusion: -The students Celebrated International Day of Yoga very happily. They embraced wellness, mindfulness, and inner peace together. This journey was of improving and maintaining health and harmony for the whole life.

Learning outcomes:

- Value of importance of Yoga in life
- Harmonious development of mind, body and soul
- Development of inner peace
- Inculcation of healthy life style

Few Glimpses of the Event



Faculty-members and students performing Yoga in the Yoga Lawn



Abhilasha Gautam

Dr. Abhilasha Gautam
Principal AIE