

Sub: Report of the Celebration of 8th International Day of Yoga at Central University of Punjab, Bathinda

With reference to UGC letter F.No.1-16/2021 (website) dated 25.3.2022 and 5.5.2022 and consequent approval of the competent authority (Central University of Punjab) regarding the Celebration of 8th International Day of Yoga (CUPB/Estt./Notification/ 045 dated 19.05.2022), members of the constituted committee conducted the meeting on 24.5.2022 at 4:00 pm and planned to conduct various activities under the patronage of Hon'ble Vice Chancellor Prof. Raghavendra P. Tiwari, Central University of Punjab. Details of Activities are as follows:

1. **Regular Yoga Sessions:** Started 21 days special yoga program on the theme “**Yoga for Humanity**” from **31.5.2022 to 21.6.2022** in Lawn Area near Monument and Entry Hall of Aryabhatta Academic Block of the University from 6:30 to 7:30am. All the sessions were successfully conducted under the supervision of Faculty of Department of Physical Education. Students, Teaching, non-teaching and villagers of nearby villages took part in the regular yoga sessions.



2. **Alternative Therapy Workshop:** Inaugural ceremony of Seven-day workshop on the focal theme of **Alternative Therapy** was held on **6.6.2022 at 6:30am** in the Entry Hall of Aryabhata Academic Block. Dr. Balwinder Garg, Registrar of the University was the Chief Guest in the opening ceremony of the event and the inaugural session was delivered by Dr. Laxminarayan Joshi, Head, Dept. of Yogic Sciences, Uttarakhand Sanskrit University, Haridwar, who took a session on Nadi Vigyan and Yoga Chikitsa. Dr. Joshi also conducted a special session on pain relief during which he shared how yoga therapy could help in providing relief from various health issues such as Cervical Spondylosis, Sciatic Nerve Pain, Back Pain and Arthritis Pain or any other pain associated with muscular tissues or ligaments. During this seven-day workshop experts from different areas spoke and also took practical sessions on Nadi Vigyan, Yoga Chikitsa, Yoga Asana, Pranayama, Surya Namaskar, and Ayurveda Panchkarma.



3. **Poster-making and Rangoli Competition (09.06.2022 from 3- 5 PM):** This events was conducted on the AYUSH theme of 'Yoga for Health, Wellbeing and World Peace' at entry Hall of Aryabhatta Academic Block.



4. **Traditional Herbal Medicine Session (10.06.2022 from 4PM- 7 PM):** This session was conducted on theme of 'Swadeshi Ayurved' by Vaid Dharampal Singh, Guru Kirpa Ayurved Ashram, Ropar, Punjab in the entry Hall of Aryabhatta Academic Block.



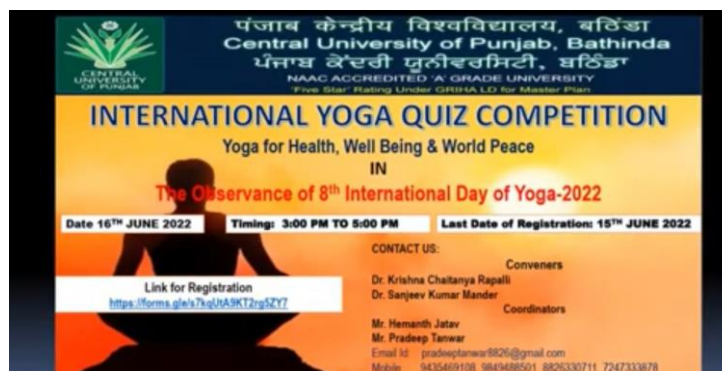
5. **Yoga Asanas Competition (11.06.2022 from 3- 5 PM):** This session was conducted on the theme of 'Yoga for Wellness' at entry Hall of Aryabhata Academic Block.



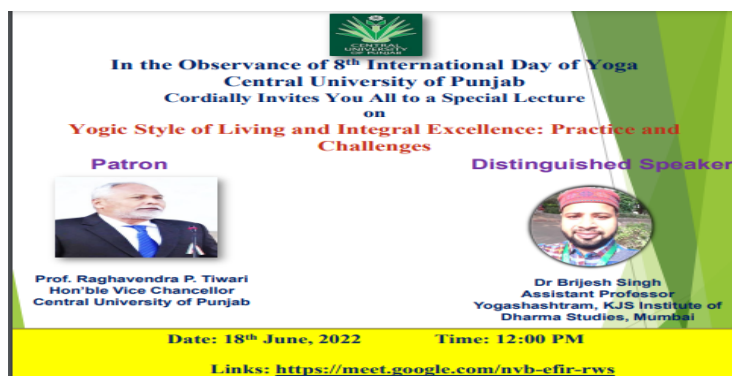
6. **Yoga and Health- Society Outreach Program (16.06.2022 to 20.06.2022 from 06:00 AM to 7:00 AM)** - A society outreach program for the villagers of Ghudda and nearby region in line with the AYUSH theme of 'Yoga for Health, Wellbeing and World Peace' was conducted to increase the holistic health awareness through yogic asanas and pranayama. All the sessions were conducted in Gurudwara Sahib of Ghudda village.



- 7. Essay Competition (15.06. 2022 from 3- 5 PM):** An Essay Competition was conducted on the AYUSH theme of 'Yoga for Health, Wellbeing and World Peace' at entry Hall of Aryabhata Academic Block.
- 8. International Quiz Competition (16.6. 2022 from 3- 5 PM):** International Yoga Quiz Competition on the AYUSH theme of 'Yoga for Health, Wellbeing and World Peace' was conducted through Virtual Platform and participants from UAE, Australia and India participated successfully.



- 9. Special Lecture (18 June, 2022 at 12 pm):** In view of celebration of 8th International Day of Yoga Central University of Punjab conducted special lecture on Yogic Style of living and Integral Excellence: Practice and Challenges through virtual platform and Dr Brijesh Singh, Assistant professor of Yogashashtram in KJS Institute of Dharma Studies, Mumbai delivered the talk and highlighted how yoga and sadhana can help to achieve holistic health. More than 75 participants were participated in the special lecture. Dr. Sanjeev Kumar Mander Head of Department welcomed the resource person and all the participants. Prof. Vipanal Singh gave concluding remarks and Dr. Binthu Mathavan proposed the vote of thanks.





10. **Celebration of 8th International Day of Yoga** (21.06.2022 from 06:30 AM to 08:30 AM): Central University of Punjab, Bathinda (CUPB) organized a Mass Yoga Demonstration Session at university campus to commemorate the 8th International Day of Yoga 2022 (IDY2022). The Hon'ble Vice Chancellor Prof. Raghavendra P. Tiwari graced the occasion as Chief Guest. The Guest of Honour and Special Guest of this programme were Prof. B.P. Garg, Registrar, and Sardar Karamjeet Singh, Pradhan, Gurudwara Prabandhak Committee, Village Ghudda, respectively. **More than 300 participants**, including faculty, staff members, university students and residents of Ghudda and Jhumba, Anand Garh Villages, attended this programme.

At the start of the IDY-2022 celebrations, participants witnessed LIVE Telecast of address by the Hon'ble Prime Minister Shri Narendra Modi. After this, everyone practised the Common Yoga Protocol given by the Ministry of Ayush, which included Yogasanas, Kapalbhathi, Pranayama, Dhayana and several meditation based exercises. During this programme, CUPB students exhibited a beautiful Yoga Pyramid Demonstration, which was appreciated by one and all.

Dr. Sanjeev Mander, HoD, Dept. of Physical Education, in his welcome address, informed that the celebrations of International Day of Yoga (IDY) commenced at CUPB from 31st May 2022 and since then the university has organized series of activities viz. Regular Yoga Sessions, One-Week Alternative Therapy Workshop, Poster Making Competition, Rangoli Competition, Essay Writing Competition, Yoga Aasana Competition, International Quiz Competition, and One-Week Yoga and Health Society Outreach Programme for Ghudda Villagers to spread awareness about the importance of yoga for health and wellness.

In his presidential address, Vice Chancellor Prof. R.P. Tiwari stated that Yoga is the invaluable gift of ancient Indian traditions to humanity and Maharishi Patanjali is considered the compiler of Yoga Sutras that help us to discover oneness with ourselves, the world, and nature. He asserted that various activities organized by the university during the three-week celebrations to observe IYD will prove helpful to improve the holistic health of our students as well as our community. He exhorted youngsters to adopt Yoga in their daily life routine as it enhances their physical and

mental fitness, boosts their immunity and increases their concentration level. During his programme Vice Chancellor Prof. R.P. Tiwari, along with CUPB officials and guests, awarded prizes to the winners of various competitions organized to mark #IDY2022. Towards the end, organizers thanked participants for making this event a huge success.



ਪੰਜਾਬ ਕੇਂਦਰੀय विश्वविद्यालय

(संसद के अधिनियम सं. 25(2009) के द्वारा स्थापित)

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