

2016

A Report on World Yoga Day



PARUL POLYTECHNIC
INSTITUTE

6/21/2016



‘Yoga’ -the very word radiates peace and tranquility. This feeling probably stems from the etymology of the word. The word Yoga is derived from the Sanskrit word 'Yuj' which essentially means to join or unite. The union referred to is that of the individual self uniting with Cosmic Consciousness or the Universal Spirit. Yoga is a means to achieving this goal.

Born in India, almost 26,000 years ago, Yoga is believed to have evolved during the period of the ‘Sat Yuga’, also called the Golden age. This period became known as a time of everlasting peace and abundant blessings, filled with seekers of the Eternal Truth. That is why, probably, even today we associate yoga with sages and hermits.

It was not until the discovery of the Indus- valley civilization, the largest civilization that knowledge about the origin of Yoga surfaced. Excavations give evidence of yoga’s existence during this period; yogi -like figures engraved on soapstone seals have been unearthed. In fact, it was the Aryans, migrating from the north- west, who were instrumental in discovering yoga.

Importance of Yoga:

Yoga is not a religion; it is a way of living with the aim, is 'a healthy mind in a healthy body'.

Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body.

Yogic exercises recharge the body with cosmic energy and facilitates:

- Attainment of perfect equilibrium and harmony
- Promotes self- healing.
- Removes negative blocks from the mind and toxins from the body

- Enhances personal power
- Increases self-awareness
- Helps in attention, focus and concentration, especially important for children
- **Reduces stress** and tension in the physical body by activating the parasympathetic nervous system

Effect on Mind:

Yoga focuses on the mind by teaching you to concentrate on specific parts of the body. For instance, you may be asked by the instructor to focus deeply on your spine, or let your mind go and have your body sink into the floor. This awareness keeps the mind-body connection sharp and doesn't allow a lot of time for external chatter (like worrying about what you're going to have for dinner or the presentation at the office that you're preparing for). Instead, the focus is internal, between your head and your body. An example is *savasana* (the corpse pose), which is practiced by virtually all schools of yoga. During *savasana*, you lie on your back with your eyes closed and just let your entire body sink into the floor. The idea is to not fight any thoughts you have, but to let them come and go while the instructor leads you through visual imagery to help you focus on how your muscles feel. The desired and often obtained result is to drift into a peaceful, calm, and relaxing state. *Savasana* is generally the final pose of a yoga session before final chanting and/or breathing exercises.

To support our culture and our rituals World Yoga Day is celebrated on 21st of June every year. Parul Polytechnic Institute is always the one to set the bench mark for this type of activities and so this year too we organized world yoga day.

The events organized to aware students and faculties about importance and usefulness of Yoga are as follows:

Date	Event name
21/06/2016	Yoga training for students
18/06/2016	Essay writing competition



Essay writing competition on 18th June, 2016

On the occasion of world yoga day a competition of essay writing was organized on 18th June, 2016 and the main goal of organizing this competition is to imbibe the knowledge of our ancient fitness methods in which following topics were given to the students.

Topics	
1.	Importance of yoga
2.	Yoga- Need of modern society
3.	Yoga- The most effective stress busting technique

The response of the students for this competition was very astonishing and best three essays were selected by the organizing committee as top three essays of this competition and ranks were given as 1st, 2nd & 3rd.



Yoga Training on 21st June, 2016



Students and faculties in yoga training session

On 21st June, 2016 a training was arranged to practically aware students and faculties about Yoga and its techniques in which more than 50 students and faculties together participated and they all were informed about the techniques and usage of yoga and its effects on different organs of our body.

The yoga training was scheduled in the fresh morning at 7:00 am and it training was scheduled for one and a half hour up to 8:30 am.

All the participants were so excited and after the training they were so amazed that they took an oath that they will surely do yoga everyday to stay fit and healthy as well as yoga will help them to improve their concentration and ability to think in positive way.