

Central University of Haryana, Mahendergarh

3rd International Day of Yoga Report

Central University of Haryana celebrated International Yoga Day with full enthusiasm and creativity. Keeping in view its importance for students, faculty, employees, community and society at large, number of activities were organized during the yoga week from 15th June to 21st June 2017.

15th to 19th June 2017

Five day Yoga and Research communication workshop was organized from 15th to 19th June 2017 by CISED(Centre for Innovation Skill and Entrepreneurship Development) and Indian Cancer Winners Association. Fifty Students, faculty members and administrative staff participated in the workshop. Dr Neeta Kumar, Senior Scientist, Indian Council for Medical Research, and her associate Yoga Trainer Mr Manoj Kumar conducted Yoga workshop for the participants. During the workshop participants were trained in Yoga as well as communication skill such as public speaking, interview skills etc. Participants were motivated and trained for leadership role for service to the community and nation. During the workshop special sessions were conducted on Water resource, Food habits, Agriculture and rural development and art of living for New India Prof Naval Kishore along with CISED innovators Mr Rishipal and Mr Sunil Kumar coordinated the workshop.

20th June 2017

Students organized a one day sanitation and Yoga awareness Campaign under the aegis of Swatch Bharat Abhiyan. Villagers were made aware of hazards of polythene and impure water in ponds/ water reservoirs.

21 June 2017

International Yoga Day was organized on 21 June 2017 from morning 5:30 am. Programme started with Prayer to almighty. Prof Neerja Dhankar and Mr Shanker presented a melodious Prayer. Patanjali Yoga Trainer Mr Dharamveer and Mr Sandeep Kumar conducted yoga session according to AYUSH Protocol. All participants enjoyed *Anulom Vilom, Kapal Bhati* and other yogasan. Prof Ummed Singh, DSW, presented an introductory lecture on Yoga and Health Prof Satish Kumar, Prof Neerja Dhankar, Prof. Amar Singh, Dr Sarika Sharma and Dr Anand Sharma presented their views in a panel discussion on *Yoga for New India*. *Yoga Champion* Madhu and Preety from Tagore School Mahendergarh presented their Yoga skills. All participants appreciated two young girls for their fabulous performance. Dr Sarika exhibited Yoga posters for better understanding of Yog Mudras. Participants from nearby schools, villages, university students and faculty members participated in poster making, Essay writing and quiz competitions. Prof R C Kuhad addressed the participants and offered his best wishes for healthy life. He appreciated efforts of organizers and participants in making the event a grand success. Ms Deepika an alumnus of the university was also felicitated by Vice chancellor on her joining as flying officer. On this occasion Vice Chancellor Prof R C Kuhad announced to start Yoga courses and faculty from next academic session. He stressed the need to make yoga a way of life not only a symbolism. Dr Dinesh Chahal Coordinator YRC and NSS presented a vote of thanks and explained role of NSS and YRC in student and community development. On this occasion registrar Mr. Ramdutt and other officials of the university were also present and participated in the celebration. Mr. Shailender Singh, PRO of the university arranged Facebook live of the event by Air India.

