



ASHTAVAKRA INSTITUTE OF REHABILITATION SCIENCES AND RESEARCH

Approved by Rehabilitation Council of India

5 PSP, Institutional Area, Madhuban Chowk Sector-14(Ext), Rohini, Delhi-110085

Fax: +91-11-27550018, Phone No: +91-11-27550018

E-mail: directorrehab@tecnia.in

International Yoga Day

Event: International Yoga Day

Date: 21st June 2020

Time: 7:00 AM to 8:30 AM

Venue: Their Respective Homes

Chief Convenor: Ms Sanjana Mittal (Student Welfare In-Charge)

No. of Students: 540

Purpose of the Event: Yoga aims To raise awareness amongst students of the many benefits of practicing yoga.

Objective of the Event:

1. To promote good mental and physical health of people through yoga.
2. To connect people through international yoga day.
3. To connect people to the nature by practicing yoga.
4. To make people get used of mediation through yoga.
5. To draw attention of people worldwide towards the holistic benefits of yoga.
6. To let people know their rights of good health and healthy life style to completely enjoy the highest standard of physical health.
7. To bring communities much close together to spend a day for health from busy schedule.
8. To strengthen the global coordination among people through yoga.
9. To make people aware of physical and mental diseases and its solutions through practicing yoga.
10. To reduce the rate of health challenging diseases all over the world.
11. To get win over all the health challenges through regular yoga practice.
12. To link between protection of health and sustainable health development.

Report on International Yoga Day 2020: A virtual Yoga Day celebration

International Yoga Day 2020: Amid the ongoing coronavirus pandemic, this year's theme is 'Yoga at Home and Yoga with Family'.

Yoga plays a crucial role in promoting health in a holistic manner by improving physical, mental, emotional and spiritual health. Yoga can be termed as a one-size-fits-all solution to fight stress and also alleviate other ailments including depression and anxiety.

“Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it

The program started with warm welcome given by Ms Sanjana Mittal; Deputy Director, AIRSR. It was followed by screening of Message given by our Honorable Prime Minister Narendra Modi. Thereafter Dr Anmol Arora Medical Director of Ashtavakra Institute of Rehabilitation Sciences and Research highlighted the intrinsic link between yoga and sustainability.

The yoga session was followed through the video link provided by Ministry of AYUSH and ICCR . The students of Ashtavakra Institute all-set to roll out their mats to bend and twist their bodies in complex postures from the safety of their homes with acclaimed yoga to mark the International Day of Yoga on June 21 amid Covid-19.

The Program culminated with vote of thanks presented by Dr Ajay Rathore; Director, Tecnia Group of Institute, Rohini, Madhuban Chowk, Delhi. He congratulated the entire staff of Tecnia and Ashtavakra for coming together on one platform and organized International Yoga Day by connecting through Zoom Link. More than 500 participants witnessed the event.

The program was altogether a great success.

Learning Outcome –

- 1. The students were able to promote good mental and physical health of people through yoga.**
- 2. The students were able to connect people through international yoga day.**

- 3. The students were able to connect people to the nature by practicing yoga.**
- 4. The students were able to make people get used of mediation through yoga.**
- 5. The students were able to draw attention of people towards the holistic benefits of yoga.**
- 6. The students were able to let people know their rights of good health and healthy life style to completely enjoy the highest standard of physical health.**
- 7. The students were able to bring communities much close together to spend a day for health from busy schedule.**
- 8. The students were able to strengthen the global coordination among people through yoga.**
- 9. The students were able to make people aware of physical and mental diseases and its solutions through practicing yoga.**
- 10. The students were able to link between protection of health and sustainable health development.**



ASHTAVAKRA



Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area, Madhuban Chowk Rohini, Sector-14, Delhi-110085

AISR NATIONAL SERVICE SCHEME (NSS) CELL
SELF-FINANCING UNIT - I
in association with



Fitness Club Organizes



International Yoga Day

21st June 2020 (Sunday)



Tecnia Group of Institution
(All sister concern)
on one platform.
Watch live : (Zoom Link)



Theme

“Yoga At Home & Yoga with Family “
Do Yoga Beat Corona



5-Hour LIVE Event : “YOG SE SIDDDHI”

Inspirations by-Union Minister Prakash Javadekar,
Ayush Minister Shripad Yesso Naik,
Blessings by - Sadhguru, Swami Ramdev,
Sri sri Ravishankar, Dr HR Nagendra

Time : 5:00 PM to 10:00 PM onwards

[Http://tiny.cc/yogsesiddhi](http://tiny.cc/yogsesiddhi)



Yogacharya Navdeep Joshi

Assistant professor
(Shri Lal Bahadur Shastri National University)
Founder of Navyog Gram

Time : 7:00 AM

https://m.facebook.com/story.php?Story_fbid=3110116955693221&id=100000848421374&sfnsn=wiwspmo&extid=3hjMVRzbMGqclr9M