

BHARATI VIDYAPEETH (Deemed to be University) Pune, India HOMOEOPATHIC MEDICAL COLLEGE, PUNE43

International Yoga Day 2021

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya).

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha.

On occasion of International Day of Yoga (IDY) 2021 college organized activities by virtual/digital way due to pandemic situation. Common Yoga Protocol (CYP) was followed. College organized **Live Yoga session, Yoga Day Essay Competition** on 21st June 2021. For information and awareness college share a Pdf book –The IDY hand book which was sent by Ministry of AYUSH.

The detail report as follows-

1. Live Yoga session: The live yoga session was organized through digital way year wise I to IV BHMS, PG Scholars and Teaching Staff on 21st June 2021. Students participated in yoga day from their home with proper sports uniform. The details of class wise participation as follows:

1. The Total No of Students participated- 348

2. Yoga Day Essay Competition

The Essay was organized through digital way. Students participated in yoga day Essay Competition from their home and sent essay in pdf to college. Total 30 students participated in this competition. Topics for Essay Competition -

1. Yoga and Fitness
2. Yoga as a Therapy

3. Utility of Yoga in Modern Life.
4. Value of Yoga in Human Life.



III B.H.M.S. Student Miss. Shrutika Ravindra Shelar wins the first prize in Essay Competition. She was felicitated with medal and certificate by I/C Principal Dr. (Mrs.) T.A. Khan

Miss. Shrutika Ravindra Shelar was as a Yoga Instructor in Bharati Vidyapeeth IRSHA, SATYAM project under Government of India

International Yoga Day 2021, Staff Participation



International Yoga Day 2021, Students Participation

