



AMITY UNIVERSITY

GURGAON

*"Yoga is not just a few body postures
It is more about the exploration and
Discovery of the best way of happy life."*

Introduction

1. Over the last few decades, there has been an upsurge in the popularity of yoga. Not only has research proved the many benefits of yoga, but medical professionals and celebrities are also adopting and recommending this incredible practice. While some deem yoga as just another fad and associate it with new age mysticism, others vouch for how amazing this form of exercise feels. What they do not realize is that what they regard as just another workout will benefit them in ways they never imagined.
2. Yoga as a practice has countless benefits that positively affects you both physically and mentally.
3. We have been celebrating International Yoga day in the past and this year too we conducted a yoga session followed by a seminar on yoga conducted by experts from Dev Sanskriti Vishwavidyalaya, Haridwar who have made a significant contribution in this field.
4. Amity University Gurugram has been in the forefront in promoting Yoga as a discipline for our students, faculty and staff. Activities conducted for the promotion of Yoga since 2014 are enumerated in the succeeding text.

Participation In International Yoga Day at Rajpath on 21st JUNE, 2015

5. The team of foreign students along with Dean of Students, Maj Gen Gural Singh Bal, Mr. Rajesh Vats, DD Hostel and Mr. Yogesh, Asst. Manager DSW had participated in International Yoga on 21st June 2015 at Rajpath. This was a mega event spearheaded by our respected PM Shri Narendra Modi.

6. The summary Of Foreign Students who attended the Event:-

Country	Strength
Nigeria	3
Congo	2
Nepal	2
Iraq	2
Afghanistan	1



--Yoga Means--

"Addition of energy, Strength and Beauty to body, Mind and Soul."

Amity University Haryana Celebrated Yoga Day on 22nd June, 2015

7. Under the dynamic leadership and guidance of respected AUG, Vice Chancellor, Dr P B Sharma we had celebrate the International Yoga Day was celebrated at AUG on 22 June 2015.
8. A team from Dev Sanskrit Vishwavidyalya, Haridwar conducted a Yoga seminar at AUG with the aim of motivating our faculty and staff to practice yoga, for leading a happy contented and healthy life, a prerequisite for academicians who in turn influence the young minds of the students they teach.
9. The event was organized in two sessions. The morning yoga session at AUG commenced at 6.30 AM. Approx 200 participants, including the Vice Chancellor Prof PB Sharma, DSW Maj Gen Bal, members of faculty, staff and students performed yoga exercises under the able guidance of Asst Prof Mr Rakesh Verma along with his five member team of Yoga Instructors of Dev Sanskriti Vishwavidyalya, Hardiwar. The tree of wisdom and life (banyan tree) in the AUG Campus provided an excellent backdrop. The session served to create interest and excited the participants into pledging regular participation in future.



10. After the *hawan* and lighting of the lamp informative lectures on yoga followed by demonstrations were conducted for the benefit of a large audience of approx 350 students, faculty and staff members of AUG. Sri Kalicharan Sharma ji a prominent former spokes person of Shanti Kunj, Haridwar gave an excellent expose on the relationship between science and yoga. Mr Rakesh Verma gave an invigorating discourse supported by perfect demonstrations of various yoga asanas by his team.



Yoga Celebration 2015 – 17

11. From 2015 onwards Amity University Haryana is celebrating the International Yoga Day at the Campus every year.
12. The workshop on Yoga was organized by AUG in collaboration with Dev Sanskriti Vishvavidhyala Haridwar during 2016 and 2017.

13. A large number of faculty members along with their spouses, staff members and students had participated in the Yoga demonstration from 6.30AM to 8.30 AM followed by a half day workshop on the theme “Yoga for Health, Success and Happiness”.
14. Apart from Prof (Dr.) P B Sharma, Three Yoga Instructors Neha, Rekha and Vinay from of Dev Sanskriti Vishvavidhyalya, Shanti Kunj Haridwar, were present on the occasion and also shared their thoughts and knowledge on “*The Science Of Yoga Practice And Its Benefits*”.
15. The Yoga instructor from Dev Sanskriti Vishvavidhyalya also addressed the audience on the Panic Healing and Acupressure Techniques, and their practical aspects in reducing psychological stress and tension which are taking an epidemic form in our country today. The team of experts from Dev Sanskriti Vishvavidhyalya besides speaking on yoga, focused on mindful meditation as a means of curbing stress in human beings.
16. While addressing the gathering Prof.(Dr.) P B Sharma, Vice Chancellor, Amity University Haryana said “On the day of International Yoga Day, I would like to thank our Prime Minister Shri Narendra Modi for making Yoga globally famous and celebrating 21st June as International Yoga Day.”
17. A few glimpses of the event are as follows:-



Yoga workshop at AUG

18. Amity University Haryana had conducted a Yoga Workshop from 01 May to 08 May 2018. More than 100 students, faculty and staff members attended the workshop. A few photographs are as under:-



*"Yoga is the journey of the self.
Through the self.
To the self."*

--The Bhagvat Gita--

21st June 2018 – celebrated International Yoga Day at AUG

19. Under the vibrant leadership and guidance of our respected Vice Chancellor , Dr P B Sharma we decided to celebrate the International Yoga Day at AUG on 21st June 2018.
20. Dean of Students Welfare, Maj Gen Gurpal Singh Bal (Retd.) and Prof J K Mehta (ASCO) contacted Dev Sanskrit Vishwavidyalya, Haridwar and requested their Vice Chancellor to depute a team of Yoga experts to come to AUG with the aim of motivating our faculty and staff to practice yoga.
21. The International Yoga Day Celebration for the year 2018 included the conduct of following activities :-

<u>S. No.</u>	<u>Timing</u>	<u>Schedule</u>	<u>Venue</u>	<u>Participation</u>
a)	06:30AM to 08:30AM	Yoga demonstration followed by practice.	Near Banyan Tree (Hostel premises)	Compulsory for faculty, staff and students residing on campus.
b)	02:00 to 02:05 PM	Saraswati Vandana and Lighting of Lamp by Dignitaries on the Dias.	‘B’ Block Audi	Compulsory for faculty, staff and students present on campus.
c)	02:05 to 02:10 PM	Welcoming the Guests	-- do--	To be honoured by Shawl and memento
d)	02:10 to 02:20 PM	Welcome address by Dy VC	-- do--	Compulsory for faculty, staff and students present on campus.
e)	02:20 to 02:30 PM	Address by Pro VC	-- do--	
f)	02:30 to 03:00 PM	Address by Shree Jamuna Prashad Sahu on “Philosophy of Yoga”	-- do--	
g)	03:00 to 03:30 PM	Address and demonstration by Shree Pradeep Rao on “Practical Aspects of Yoga”	-- do--	
h)	03:30 to 04:00 PM	Address by Smt Shweta Chakrawarty on “Meditation and	-- do--	

		Yoga”		
i)	04:00 to 04:30 PM	Address by Dr Rekha Parkash on “Yogic food and Way of Life”	-- do--	
j)	04:30 to 04:35 PM	Vote of Thanks by Prof J K Mehta , <i>Coordinator Yoga Club.</i>	-- do--	

22. **The Morning Session at AUG** - The morning yoga session at AUG commenced at 6:00 AM. Approx 125 participants, including the DSW Maj Gen Bal, DSW Team, members of faculty, staff and students performed yoga exercises under the guidance of Mr. Sumit Kumar and Miss Minakshi, Yoga instructor from Dev Sanskriti Vishwavidyalya, Hardiwar. The one hour yoga session commenced with the chanting of ‘ॐ’, followed by asanas which included standing poses, back and forward bends and inversions. The session was concluded with ‘pranayam and mediation’.

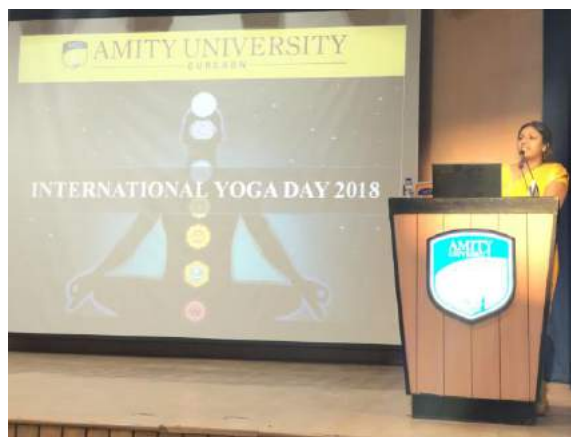


Participants performing yoga asnas at AUG Lawns.

23. At the end of the session it was announced that a Yoga Workshop will be conducted from 25 to 29 June 2018 at Amity University Haryana. Those desirous were requested to register their names for the Yoga Workshop. A certificate of attendance will be given to all participants at the conclusion of the Yoga Workshop.



24. After lighting of the lamp informative lectures on yoga followed by demonstrations were conducted for the benefit of a large audience of approx 300 students, faculty and staff members. Shree Jamuna Prasad Sahu ji a prominent spokes person of Shanti Kunj, Haridwar gave an excellent expose on the “Philosophy of Yoga”. Shree Pradeep Rao educated the audience about the “Practical Aspects of Yoga” and gave an invigorating discourse supported by perfect demonstrations of various yoga asanas by his team members. Smt Shweta Chakrawarty elucidated the advantages of “Meditation and Yoga”. She spoke of meditative techniques which energise the body and intellect. Dr Rekha Parkash educated the audience on the subject of “Yogic food and Way of Life”. She brought out the latest developments in the field of Ayurveda for curing incurable ailments.



Yoga Club at AUG

25. A Yoga Club has been established at AUG since June 2015 and Yoga is regularly practiced by students residing in the hostel and faculty members and staff living on campus. Mr. Sumit who is post graduated in M Sc. Yoga from Dev Sanskriti Vishwavidyalaya, Hardwar has been recruited by AUG to conduct Yoga on a regular basis. Approx 70 students, faculty and staff members do Yoga regularly at the AUG Campus.



*"We are not going to change the whole world, but we can change ourselves and feel free as birds.
We can be serene even in the midst of calamities and, by our serenity, make others more tranquil.
Serenity is contagious. If we smile at someone, he or she will smile back,
And a smile costs nothing. We should plague everyone with joy.
If we are die in a minute, why not die happily, laughing?"*

--Swami Satchidananda--
The Yoga Sutras

Note :- Following are also uploaded alongwith the above Report.

- (a) Short Video clip on Yoga at AUG Campus.
- (b) NEWS articles on International Yoga Day – 2018 at AUG Campus.

Amity University Gurugram celebrates the International Yoga Day

City Air News Author(s):



Gurugram, June 21, 2018: Over the last few decades, there has been an upsurge in the popularity of yoga. Not only has research proved the many benefits of yoga, but medical professionals and celebrities are also adopting and recommending this incredible practice. While some deem yoga as just another fad and associate it with new age mysticism, others vouch for how amazing this form of exercise feels. What they do not realize is that what they regard as just another workout will benefit them in ways they never imagined. Yoga as a practice has countless benefits that positively affect you both physically and mentally. We have been celebrating International Yoga day in the past and this year too we had conducted a yoga session and a seminar on yoga with experts from Dev Sanskriti Vishwavidyalaya, Haridwar who have made a significant contribution in this field.

A half day long workshop on yoga is being organized by Amity University Gurugram at its campus in collaboration with Dev Sanskriti Vishvavidhyala Haridwar on 21 June 2018. A huge number of faculty members along with their spouses, staff members and students have participated in the Yoga session from 6.30 Am to 8.30 am which was conducted by Yoga Trainers Ms Himani Yadav and Mr Sumit followed by a half day workshop on the theme "Yoga for Health, Success and Happiness". The yoga instructor from Dev Sanskriti Vishvavidhyala also addressed the audience on the Pranayama and Acupressure Techniques, and their practical aspects in reducing stress and nervous tension which is taking an epidemic form in our country today. The increase in crime rate, sexual abuse and road rage incidents are a clear indication of the state of society today.

Shree Jamuna Prasad Sahu delivered his lecture on "Philosophy of Yoga", Shree Pradeep Rao delivered his lecture on "Practical Aspects of Yoga", Smt Shweta Chakrawarty delivered his lecture on "Meditation and Yoga" and Dr Rekha Prakash delivered her lecture on "Yogic food and Way of Life".

While addressing the gathering Maj Gen G S Bal (Retd), DSW, Amity University Gurugram said "On the day of International Yoga Day, I would like to thank our Prime Minister Shri Narendra Modi for making yoga globally famous and proposing 21st June as International Yoga Day."

"Yoga and meditation go hand in hand for synthesis the human body and soul. Yoga is no longer in the realm of mystic, scientific research has proven that yoga prevents the brain from ageing, helps in concentration and achieving peace and harmony of the inner self. For the Indian armed forces yoga and meditation centers are rest and reoccupying havens. During their stay at these yoga centers soldiers get rid of their stresses and mental problems. Rejuvenated they go back to the front line ready to face fresh challenges with vigor and a sense of purpose." he added.

Date:

Thursday, June 21, 2018

CityAirNews, Date – 22/6/2018



Hindustan Hindi, Date – 22/6/2018

सं. दिनेश, 22 जून 2018

**जागरण
सिटी**



दैनिक जागरण

गुरुग्राम

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मानेसर स्थित एमिटी विश्वविद्यालय में योग करते प्राध्यापक व विद्यार्थी • जागरण

जासं, गुरुग्राम: देव संस्कृति विश्वविद्यालय (हरिद्वार) से आए योग विशेषज्ञों के दिशा-निर्देश में मानेसर स्थित एमिटी विश्वविद्यालय के विद्यार्थियों ने योगाभ्यास किया। सुबह छह बजे शुरू हुए सेमिनार में विद्यार्थियों व प्राध्यापकों के लिए 'योग

का दैनिक जीवन में महत्व' विषय पर चर्चा सत्र का भी आयोजन किया गया, जहां योग प्रशिक्षकों ने योग दर्शन, योग के व्यावहारिक पहलुओं, ध्यान और योग' व योगी-भोजन और जीवन का रास्ता' जैसे विभिन्न मुद्दों पर अपना व्याख्यान दिया।

साइबर सिटी में शुकवार को पांचवां अंतरराष्ट्रीय योग दिवस जौरा के साथ मनाया गया। राहर के सभी पार्क, क्लब, कॉलेजों में योग शिबिर आयोजित हुए। आम आदमी खास लोगों ने एक साथ बैठकर योग प्रशिक्षकों के निर्देश पर आसन किए। विरघ योग दिवस पर सुबह से ही योग के लिए लोग शिबिरों में पहुंचना शुरू हो गए। बच्चे, बुजुर्ग और महिलाओं में योग के प्रति खास रुचि देखने को मिली। पंतजलि योगपीठ के साथ ही अन्य संस्थाओं के कई योग प्रशिक्षकों, आरडब्ल्यूए ने अलग अलग स्थानों पर शिबिर आयोजित किए।

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विश्वविद्यालय में हुए आयोजन:
एमटी विश्वविद्यालय में शुक्रवार को
अंतरराष्ट्रीय योग दिवस मनाया गया।
कैंपस में योग ट्रेनर सुमित और मनीषा
यादव द्वारा एक घंटे का योग सेशन
का आयोजन किया गया। वहीं गुरुग्राम
विश्वविद्यालय में योग दिवस मनाया
गया। विश्वविद्यालय के कुलपति डॉ.
सर्जनदेव आहिर ने विश्वविद्यालय



AMITY UNIVERSITY

GURGAON

*Yoga is the journey of the self.
Through the self.
To the self."*

--The Bhagvat Gita--

Introduction

1. Over the last few decades, there has been an upsurge in the popularity of yoga. Not only has research proved the many benefits of yoga, but medical professionals and celebrities are also adopting and recommending this incredible practice. While some deem yoga as just another fad and associate it with new age mysticism, others vouch for how amazing this form of exercise feels. What they do not realize is that what they regard as just another workout will benefit them in ways they never imagined.
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4. Amity University Gurugram has been in the forefront in promoting Yoga as a discipline for our students, faculty and staff. Activities conducted for the promotion of Yoga since 2014 are enumerated in the succeeding text.

21st June 2019 – celebrated International Yoga Day at AUG

5. Each year the International Yoga day is celebrated with added fervor. During the current year ,Under the able guidance of our respected Vice Chancellor , Dr P B Sharma, AUG celebrated the International Yoga Day at AUG on 21st June 2019.
6. Dean of Students Welfare, Maj Gen Gural Singh Bal (Retd.) and Prof J K Mehta (ASCO) contacted Dev Sanskrit Vishwavidyalaya, Haridwar and had requested their Vice Chancellor to depute a team of Yoga experts to come to AUG with the aim of educating and motivating our faculty and staff to practice yoga, for leading a happy contented and healthy life, a prerequisite for academicians who in turn influence the young minds of the students they teach.
7. The program of the event as under :-

<u>S. No.</u>	<u>Timing</u>	<u>Schedule</u>	<u>Venue</u>	<u>Participation</u>
1.	06:00 to 08:00AM	Yoga demonstration followed by practice.	Near Banyan Tree (Hostel premises)	Supervised by Mr Amit and Manisha , a student of Dev Sanskriti Vishwa Vidhyalya. The event was widely attended by faculty, staff

				students residing on campus.
2.	02:30 to 02:35 PM	Saraswati Vandana and Lighting of Lamp by Dignitaries on the Dias.	‘B’ Block Audi	Compulsory for faculty, staff and students present on campus.
3.	02:35 to 02:40 PM	Welcoming the Guests	-- do--	To be honoured by Shawl & memento
4.	02:40 to 02:50 PM	Welcome address by VC Sir	-- do--	Compulsory for faculty, staff and students present on campus.
5.	02:50 to 03:00 PM	Address by Pro VC Madam	-- do--	
6.	03:00 to 04:00 PM	FDP on Benefits of Yoga and Meditation by Shri Jamuna Prashad Sahu and Haridwar Including Practical Demonstration By Mr Sumit and Ms Manisha Yadav	-- do--	
7.	04:00 to 04:45 PM	Discourse by Dr Rekha Parkash , on a healthy diet/yogic food and benifits Ayurvedic Science.		
8.	04:45 to 05:00 PM	Vote of Thanks by Prof JK Mehta (who also spoke briefly on benefits of Yoga and Meditation).	-- do--	

9. **The Morning Session at AUG** - The morning yoga session at AUG commenced at 6:00 AM. Approx 125 participants, including the DSW Maj Gen Bal, DSW Team, members of faculty, staff and students performed yoga exercises under the guidance of Mr. Sumit Kumar and Miss Manisha, Yoga instructor from Dev Sanskriti Vishwavidyalya, Hardiwar. The tree of wisdom and life (banyan tree) in the AUG Campus provided an excellent background. The session served to create interest and excited the participants into pledging regular participation in future.





Participants performing yoga asanas at AUG Lawns.



10. After lighting of the lamp informative lectures on yoga followed by demonstrations were conducted for the benefit of a large audience of approx 300 students, faculty and staff members of AUG. Shree Jamuna Prasad Sahu a prominent spokes person of Shanti Kunj, Haridwar gave an excellent expose on the “Benefits of Yoga and Meditation” supported by perfect demonstrations of various yoga asanas by his team members. Dr Rekha Parkash spoke at length on the subject of “Yogic food and nutrition”.



FDP on Benefits of Yoga and Meditation.



Practical Demonstration During FDP Session.

*“We are not going to change the whole world, but we can change ourselves and feel free as birds.
We can be serene even in the midst of calamities and, by our serenity, make others more tranquil.
Serenity is contagious. If we smile at someone, he or she will smile back.
And a smile costs nothing. We should plague everyone with joy.
If we are to die in a minute, why not die happily, laughing?”*

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The Yoga Sutras**