

## **Brief Report on Observing & Celebrating International Day of Yoga,** **21<sup>st</sup> June, 2019**

The modern highly complicated way of life lead people in front of constant competition and new challenges. Thus, people are confronted with stress, unhealthy habits and lifestyle ailments. They search for mental peace and healthy life values. Out of this need, indigenous, traditional and ancient Indian knowledge have emerged as a way of healthy living. Patanjali Yoga -an Ancient Indian Philosophy of life is such a diverting way and is accepted by the world community. Therefore, Celebration of International Day of Yoga has a wholesome world concern rather than to be confined to a local and narrow concept.

Keeping this view in mind, the Hon'ble Vice Chancellor, Netaji Subhas Open University, Prof. Subha Sankar Sarkar had taken the initiative to celebrate International Day of Yoga in the university premise.

### **Mission and Vision of Celebration of the International Day of Yoga:**

- ❖ To let people to know amazing health benefits of yoga
- ❖ To reduce health problems
- ❖ To spread peace in the world
- ❖ To promote good mental and physical health of people through yoga.
- ❖ To connect people through international yoga day.
- ❖ To connect people to the nature by practicing yoga.
- ❖ To make people get used to mediation through yoga.
- ❖ To draw attention of people worldwide towards the holistic benefits of yoga.
- ❖ To bring communities much close together to spend a day for health from busy schedule.
- ❖ To strengthen the global coordination among people through yoga.
- ❖ To reduce the rate of health challenging diseases all over the world.
- ❖ To link between protection of health and sustainable health development.

In the light of this, the Director, School of Education had been given the entire responsibility to organize the programme. The One day “CELEBRATION OF INTERNATIONAL DAY OF YOGA” was organized by the Centre for Disability Studies and Educational Research (CDSER), under the aegis of School of Education, Netaji Subhas Open University with the kind guidance of

Hon'ble Vice Chancellor Sir, NSOU and thoughtful direction of Director, Dr. A.N. Dey, School of Education, NSOU. It was held at Conference Hall of School of Education, NSOU, Kalyani Campus on Friday, 21<sup>st</sup> June, 2019.

In the inaugural address the Director, School of Education, NSOU, Dr. Dey discussed briefly about the relevance of the celebration of the International Day of Yoga. The HoD, School of Education, NSOU Prof. Swapan Kr. Sarkar also expressed his concern about the benefits of practicing yoga on daily basis. The entire community (Teacher, Officer, students and Non-Teaching employee) of Netaji Subhas Open University not only participated but also practically was oriented about Yoga by the expert Dr. Malay Mukhopadhyay, OSD Physical Education, Govt. of West Bengal, Education Directorate and Biswajit Saha, eminent yoga expert. All participants felt enthusiasm and joy of doing yoga. After completion of the practice session, the vote of thanks was proposed by the programme Convener Dr. Parimal Sarkar, Asst Prof, SoE, NSOU. The programme concluded with the National Anthem.

Dr. A. N Dey  
Director, SoE, NSOU