



Report on International Day of Yoga (IDY) 2021

21 June 2021

Yoga is our ancient tradition and cultural heritage, which has been going on since time immemorial. Different Educational Institutions, Government offices, Public representatives, NGOs, Corporate firms, and people from all spheres of life celebrate every year 21st of June as the International Day of Yoga (IDY). 21st of June is declared as the International Day of Yoga (IDY) by the United Nations General Assembly on 11th December, 2014 and since 2014, IDY has been celebrated internationally as a festival with great joy and enthusiasm. However, due to the current outbreak of the pandemic, IDY-21 is to be celebrated in the digital platform and the theme of IDY-21 is **Be With Yoga Be At Home**. In accordance with the directives received from the Department of Higher Education, Ministry of Human Resources Development, Government of India and Ministry of AYUSH (MoA), no mass gathering was advisable this year due to the contagious nature of COVID-19. Therefore, all the members of the PDPM IIITDMJ family participated in IDY 2021 from their homes only.

To commemorate this special occasion of IDY 2021, a number of events are planned which are as listed below:

1. Special Yoga Sessions were conducted by Yoga Instructor Ms. Archana Tiwari for five days (15-18th June and 21st June 2021) from 7AM to 8AM via online platform. In addition to this, a special Yoga session was organized on 19th June, 2021 by Mr. Bharat Bhusan. About 45 participants registered for the workshop. However, Yoga Instructor Ms. Archana Tiwari conducts Yoga sessions throughout the year in our Institute in both online and offline mode.

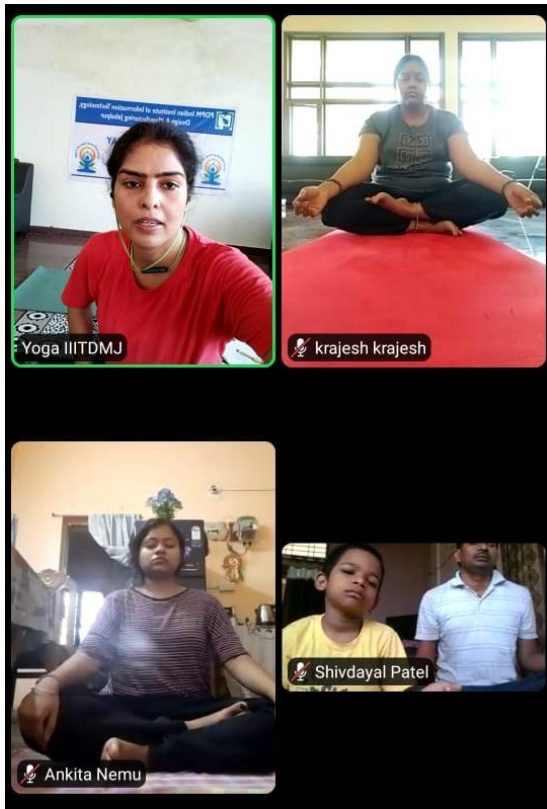
2. Essay Competition for Employees and Students

Topic for Students: Yoga and Youth

Topic for Employees: Importance of Yoga in the Current Scenario.

Word Limit: 500 words

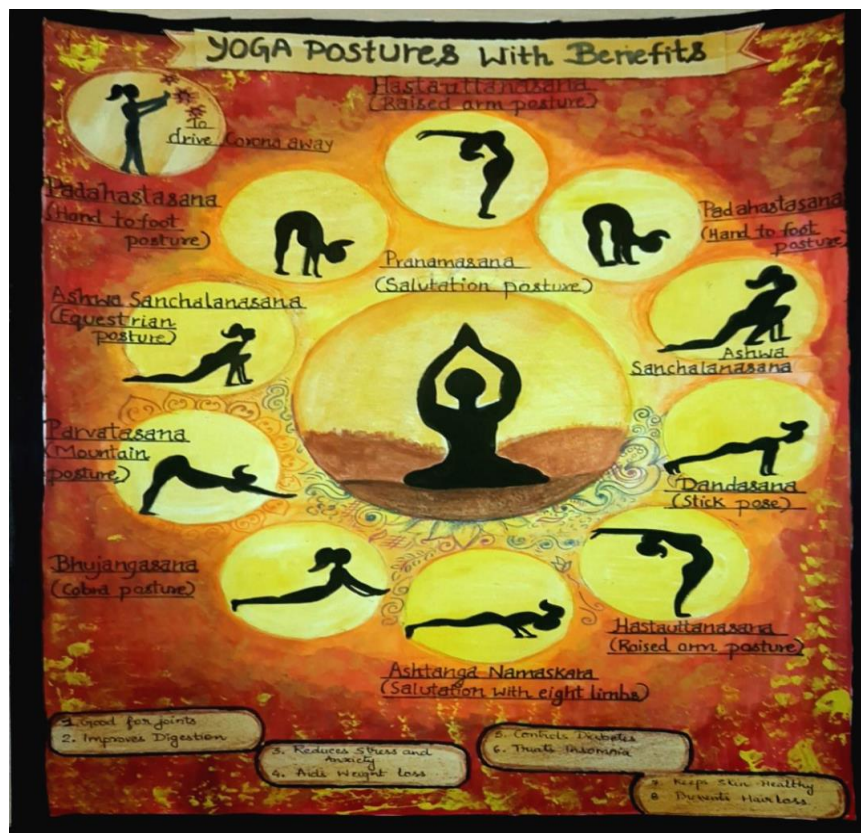
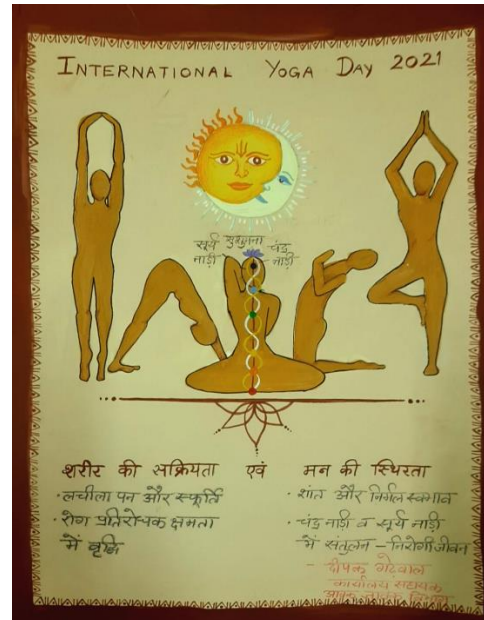
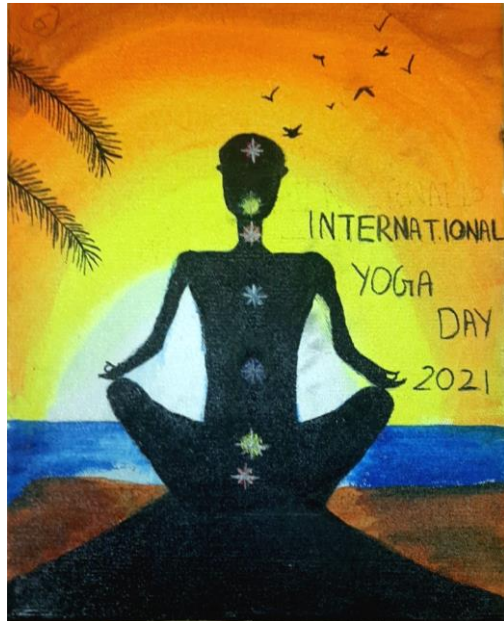
About 17 employees and 7 students participated in this Essay Competition. Top three essays from each category were awarded.

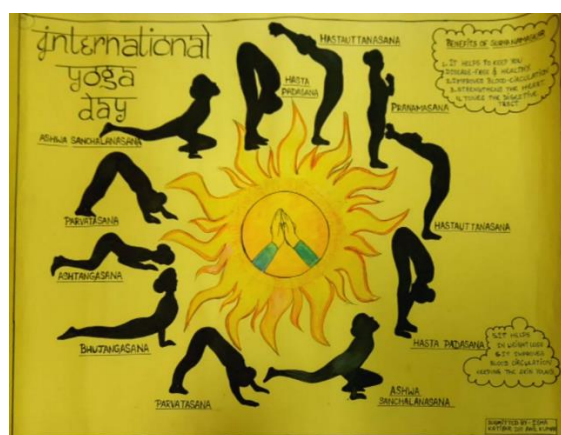


3. Poster Competition for Employees and their Dependents

Topic: (1) Yoga Postures with Benefits; (2) International Yoga Day 2021

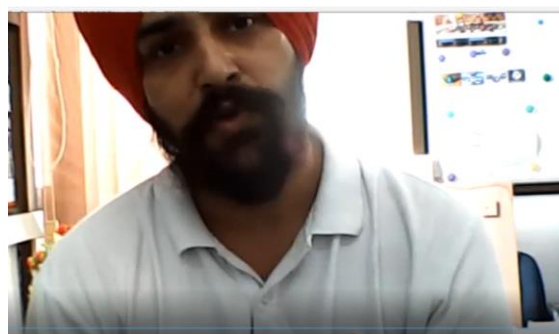
Nine participants registered in this competition and the top three posters were awarded.

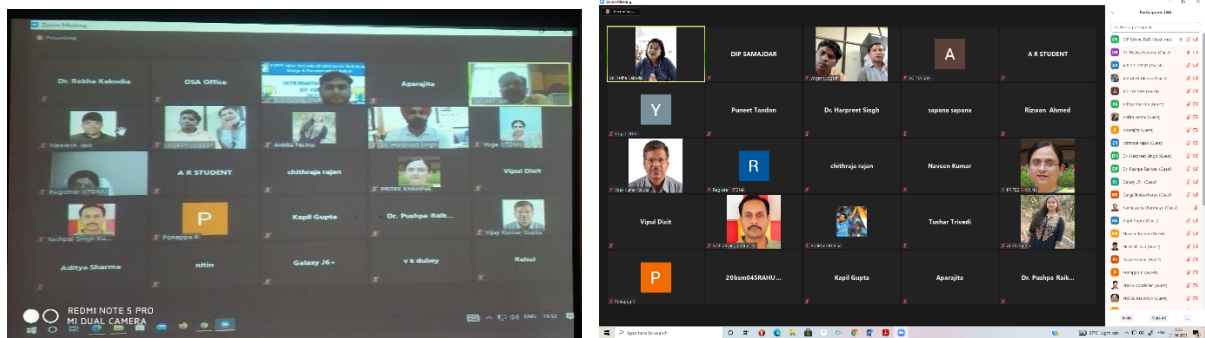




4. Online Expert Lecture and Valedictory Function on 21st June, 2021.

Ms. Rekha Kakodia, who is an Ayurvedacharya and Guest Faculty of Rani Durgawati Vishwavidyalaya, Jabalpur (M.P.) delivered an online lecture with the Theme Yoga and Covid 19. She discussed the importance of Yoga in the current scenario and in maintaining a healthy life free from stress and anxiety. We should take care of both our physical and mental health as well to stay fit and fine. In the Valedictory session, our Hon'ble Director Prof Sanjeev Jain discussed the significance of Yoga for the wellness of our mind and physique. He also discussed the relevance of Yoga in the National Education Policy and stressed that Yoga needs to be included in the curriculum as well. He also announced the names of the Winners of Poster and Essay Competitions. The Program ended with the Vote of Thanks by Dr. Harpreet Singh.





Some Glimpses of International Yoga Day 2021













Organizing Committee, PDPM IITDM Jabalpur:

1. Dr. Dip Prakash Samjadar (Faculty, ECE)
2. Dr. Harpreet Singh (Faculty, ME)
3. Dr. Kusum Bharti (Faculty, CSE)
4. Mr. Rizwan Ahmed (AR)