

Report: Celebration of 5th International Yoga Day on 21st June 2019

As part of worldwide celebration of 5th International Yoga Day on 21st June 2019, PDPM IIITDM Jabalpur has also celebrated this day on June 21, 2019 in its campus. Yoga session of around forty minutes was organized in which students, faculty, officers and staff took part enthusiastically and practiced various '*asanas*' of Yoga and *pranayama*. A Yoga practitioner was invited to demonstrate various Yoga postures and explain correct way of doing *asanas*



(Yoga session held on 21st June 2019 in PDPM IIITDM Jabalpur)

Yoga session was started with chanting of '*Pranay Mantra OM*' followed by *Sookshma Vyayam*, *Vajrasana*, *Tadasana*, *Vrikshashana*, *Surya Namaskar*, *Nadi Shodhan Pranayama* and *Bhramaree*

Pranayama. Members present in the session expressed their experiences and stated that they were feeling relaxed, refreshed and calm after the session.



The following competitions and event were organized during June 17-21, 2019.

17 th June 2019	Essay Writing Competition and Slogan Competition for Students
18 th June 2019	Essay Writing Competition and Slogan Competition for employees
19 th June 2019	Lecture based on Role of Ayurveda in daily life

The following were declared winner in respective competition and awards certificates prizes during the concluding ceremony of 5th International Day of Yoga -2019 held on June 21, 2019.

Concluding ceremony of the Yoga day was held at 10:00 a.m. in L 201 LHTC building of the Campus. A lecture by Mrs. Hansa Thankur on Bhakti Yoga has also been delivered. During the yoga session, Prof. Saneev Jain, Director, Prof Apparajita Ojha, Dean (RSPC), Prof. Puneet Tandon, Dean (Students) Dr. Prashant K Jain, Dean (Academics) Dr Prabin Kumar Padhy, Head (CSE), Dr. Pritee Khana, Head (ME), Prof. V.K. Gupta and Acting Registrar Mrs. Swapnali D Gadekar were also presented. The concluding session was attended by faculty members, officers, staff and students.





Five days (17-21 June 2019) Yoga camp at PDPM IIITDM Jabalpur

To mark the celebration of 5th International Day of Yoga-2019, a yoga shivir as per the schedule given below as also organized at PDPM IIITDM Jabalpur from 15-06-2019 to 21-06-2019 under the mentorship of Yog Guru, Mr R.K. Raghuvanshi, Yoga Teacher Mr. Paramanand Kahar from the yog Sansthan.

Date	Time	Yoga (30 minutes)	Pranayama (10 minutes)	Meditation (10 minutes)	Mudra (10 minutes)
17-6-19	04:30-PM To 05:30PM	Sukshma Yoga	Pranayama (15 minutes)	Meditation of Breath	Asana
18-6-19	04:30-PM To 05:30PM	Sukshma or Postures Yoga	Pranayama (15 minutes)	Yoga Nidra of Nature	Asana
19-6-19	04:30-PM To 05:30PM	Sury Namaskar +Yoga posture	Pranayama (15 minutes)	Meditation of Worship	Asana
20-6-19	04:30-PM To 05:30PM	Sury Namaskar	Pranayama (15 minutes)	Meditation of Mercy	Asana

Result of the Conducted Activities:

	Slogan Competition		Essay Competition	
	Employees	Students	Employees	Students
First	Mr. Naveen Kumar	Mr. Suraj	Mr. Sachidanand	Mr. Narendra Kumar
Second	Mr. Ghanshaym Meshram	Mr. Harbhajan Ahirwar	Mr. Piyush Kumar	Mr. M. Manoj Kumar
Third	Mr. Rajesh Kanaujiya	Mr. Aashirwad Tomar	Mr. Sandeep Awasthi	Mr. Neeraaj K. Bhoi

The members of Organizing Committee are:

1. Dr. Saurabh Pratap, Assistant Professor (ME)
2. Dr. Harpreet Singh, Assistant Professor (ME)
3. Mr. Ashok Kumar, Superintendent
4. Mr. Anil Kumar, Junior Superintendent