

# MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE (UGC - AUTONOMOUS)

## Report on An Awareness Program on YOGA DAY - 21 June 2019



**Submitted by :Dr K V V Raaju, NSS Coordinator**

### Introduction:

Yoga is a simple and effective way to energize and recharge the body and mind. Since 2015, International day of yoga is celebrated on June 21<sup>st</sup>, every year because it is the longest day of the year in the Northern hemisphere and has a special significance in many parts of the World. International day of yoga was declared unanimously by the United Nations General Assembly (UNGA) and the date was suggested by Indian Prime Minister Narendra Modi. It is a matter of pride for all the Indians that “Yoga” has got the recognition at the global level. We should be obliged to our ancestors for giving us such an invaluable gift. A growing body of research has provided the scientific proofs on the benefits of yoga practice on both physical and mental well-being. They also addressed the effects of yoga practice on common mental health issues such as stress management faced by college students.

### Yoga at MITS:

Yoga is essentially a lifestyle, philosophy and practice, and the higher authorities at MITS recognized the benefits of integrating the aspects of yoga into college students to help them to overcome the common issues faced by college students such as depression, anxiety, eating disorders and stress. These works are monitored by Yoga and Meditation Club along with the college level NCC and NSS wings. 5<sup>th</sup> International Day of Yoga is celebrated on 20 and 21 of June 2019 in collaboration with THE INDIAN EXPRESS as a part of the activities of the above-mentioned clubs.

### 5<sup>th</sup> International Day of Yoga Celebrations:

The celebrations for the 5<sup>th</sup> International Day of Yoga were scheduled for two days (i.e. 20<sup>th</sup>, 21<sup>st</sup> June 2019) at the Campus Auditorium Hall. The coordinator of Yoga and Meditation club (MITS), Dr V Shankernath along with the NCC (MITS) coordinator Dr KVV Raaju welcomed the participants and gave a brief introduction on Yoga and the college level activities of the club. Then the students were guided for a 45-minute common yoga protocol released by the Department of AYUSH, Government of India. Dr KVV Raaju proposed a thanking note to the students and gave an overview of the activities on 21<sup>st</sup> June 2019. The participants were served with fruits after the program.

### Press Clips:

**మానవ శరీరానికి ప్రకృతి సజీవని యోగా**

మానవ శరీరానికి ప్రకృతి సజీవని యోగా... యోగా ప్రకృతి సజీవని యోగా... యోగా ప్రకృతి సజీవని యోగా...

**మిట్స్ కళాశాలలో అంతర్జాతీయ యోగా దినోత్సవం**

మిట్స్ కళాశాలలో అంతర్జాతీయ యోగా దినోత్సవం... మిట్స్ కళాశాలలో అంతర్జాతీయ యోగా దినోత్సవం...

**యోగాసనాలు.. ఆరోగ్య శాసనాలు**

యోగాసనాలు.. ఆరోగ్య శాసనాలు... యోగాసనాలు.. ఆరోగ్య శాసనాలు...

**కురవలకోట:** యోగాతోనే సుపారాలోగ్స్ నిర్మిస్తుందని మిట్స్ ఇంజనీరింగ్ కళాశాల ప్రెసిడెన్షియల్ రామనాథం అన్నారు. అంతర్జాతీయ యోగా దినోత్సవం సందర్భంగా కళాశాలలో ఏర్పాటు చేసిన సమావేశంలో ఆయన మాట్లాడుతూ యోగాతో మానసిక ఒత్తిడులను అధిగమించ వచ్చున్నారు.

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