

Report of the Celebration of International day of Yoga on 21st June, 2015 at NWRC, AnSI, Dehradun

Yoga is a system of holistic living, having the roots in Indian tradition and culture. Evolved thousands of years back by the Rishis, Yoga techniques are being widely used for meeting the changing health care needs of mankind. Yoga has attracted global attention in recent years. The popularity of Yoga has grown beyond our country and the practice of Yoga can be seen in many of the foreign countries. The Yoga has crossed all the limitations of region, religion, caste, creed and nationality. Nevertheless, the Hon'ble Prime Minister has stressed the need of marketing Yoga at global level, keeping in view of the fact that Yoga is well accepted and the utility of Yoga can be used in a better way.

Recently, the UN has declared 21st June as the International Day of Yoga with the support of around 177 countries. The Ministry of AYUSH is given the responsibilities to make all arrangement for celebration of the International Day of Yoga in a befitting manner.

Keeping this in view and vide Head Office Circular (Ref No. 6-23/PMI/201, Dated: June 12, 2015) AnSI, NWRC, Dehradun has been organized live yoga demonstration by Yoga teacher Shri R.C. Mehata and his associate N.K. Sharma to all the office staff, different Head of office ,other senior Officers with other interested group/individuals on the occasion of International Day of Yoga on 21.06.2015 from 7 A.M. to 7.30 A.M. at the office premises.

The program was inaugurated by Sri.D.N.Pandey, Head of Office, AnSI, Kolkata and delivered a small lecture on importance of yoga and its benefit for becoming healthy person. In this happy occasion, the presence of Dr. Kanchan Mukhopadhyay, SA(C) and OIC (C), Head Office, Kolkata, Dr. Sumit Ghoshal, SA(C) and HOO, WRC, Udiapur, Dr. B.N.Sarkar, SA (P) and OIC (P), Head Office, Kolkata and Sri. Krishna M. Sihna Roy Anth.(C) and HOO, SRC, Jagadapur made the occasion delightful. In this occasion Dr. Harashwaradhana, SA(P) & HOO, NWRC, Dehradun welcomed the honorable guests.

After inauguration of the program, the live yoga demonstrations have been started with a prayer or prayerful mood to enhance the benefits of practice. The following Yogasanas were demonstrated.

STHITI

(NECK BENDING, TRUNK MOVEMENT and KNEE MOVEMENT)

YOGASANAS

TADASANA (Palm Tree Posture)

VRKŚĀSANA (The Tree Posture)

PĀDA-HAST SANA (The Hands to Feet Posture)

ARDHA ÇAKR SANA (The Half Wheel Posture)

TRIKON SANA (The Triangle Posture)

BHADR SANA (The Firm/ Auspicious Posture)

ARDHA USTR SANA (The Half Camel Posture)

ŚĀŚANKASANA (The Hare Posture)

VAKR SANA (The Spinal Twist Posture)

BHUJANG SANA (The Cobra Posture)

ŚĀLABH SANA (The Locust Posture)

MAKAR SANA (The Crocodile Posture)

SETUBANDH SANA (The Bridge Posture)

PAVANAMUKT SANA (The Wind Releasing Posture)

ŚAVASANA (The Dead Body Posture)

KAPALABHATI

PRANAYAMA

DHYANA IN SAMBHAVI MUDRA

SANKALPA

ŚANTIH PATHA

The above Yogasana was practiced by all the officers, scientific and administrative staff and outside participants, more than 40 people have been participated and took benefit from this occasion. The program was well organized by Sri. Sudarshan Vaidya, Assistant Keeper and Dr.Venugopal.P.N., RA (P).



