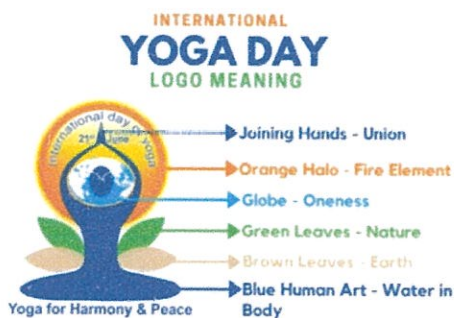


GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D, CHANDIGARH, INDIA



INTERNATIONAL DAY OF YOGA

JUNE 21, 2021

Action Taken Report of International Day of Yoga-2021

Patanjali ji has given a scientific and proper explanation of yoga through the eight limbs of Ashtanga Yoga. Patanjali ji explained Yoga as;

योगश्चित्तवृत्तिनिरोधः ॥१.२॥

महा ऋषि पतंजलि जी के ऊपर दिए गए सूत्र का भाव है कि "चित्त वृत्तियों का निरोध ही योग है।"

"A growing trend of people around the world embracing Yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. Recognizing this important role of Yoga, this year's commemoration of the International Day of Yoga focuses on "Yoga for well-being" - how the practice of Yoga can promote the holistic health of every individual."(United Nations)

Yoga is not for any one person, caste, religion and country. Yoga is a way of life for all human beings. Recognizing the importance of Yoga in human life, the United Nations Assembly declared 21 June as International Day of Yoga by resolution 69/131 on 11 December 2014, accepting the universal appeal of all countries.

The NSS Cell of the College wants to make all volunteers a part of International Day of Yoga-2021. Hence most of the NSS volunteers took part in

some activity related to IDY-2021. They participated in quiz, essay and yoga asana activities and submitted their entries related to topic. Volunteer expressed their views in different mode about yoga and its benefits for humans. Keeping in mind this NSS Cell of Government College of Education, Sector 20-D, Chandigarh celebrated the International Day of Yoga -2021 with different events as per the guidelines of Yoga day protocol. Events report as per given below;

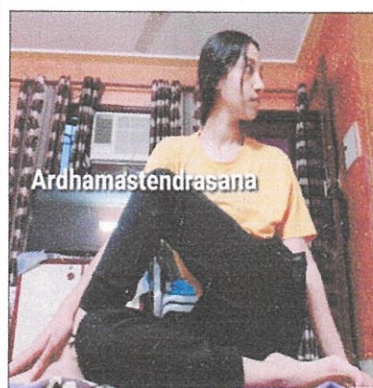
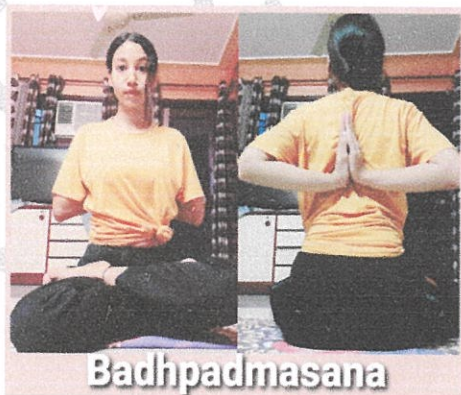
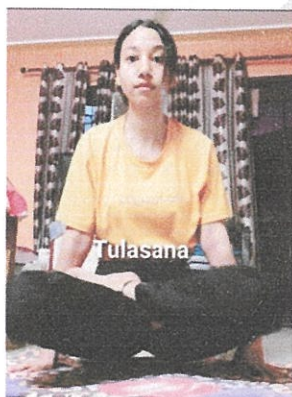
1. Online Competitions on the Occasion of International Day of Yoga.

i) **Quiz Competition:** M.Ed & PGDG&C volunteers were asked to prepare a quiz with seven questions related Yoga day.

ii) **Essay Writing Competition:** This activity was for the B.Ed-4th Semester NSS volunteers. Volunteers were advised to write a brief summary of Patanjali ji Yoga Sutra (Ashtanga Yoga)

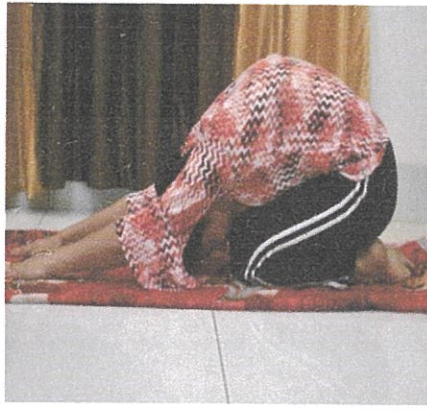
iii) **Photos of Yoga Asanas:** Yoga is known mainly with its different types of asanas. Yoga Asanas related work assigned to B.Ed-2nd Semester volunteers. They were asked to five photos of yoga asanas performed by them.

Glimpses of Yoga Asanas by NSS Volunteers





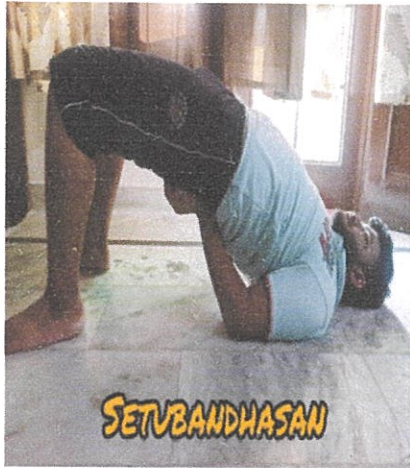
BHUJANGASANA



SHASHANKASANA



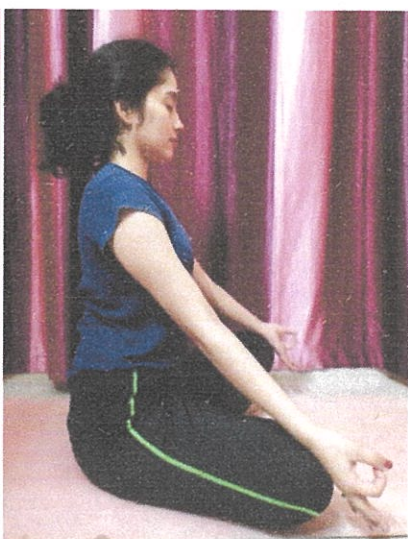
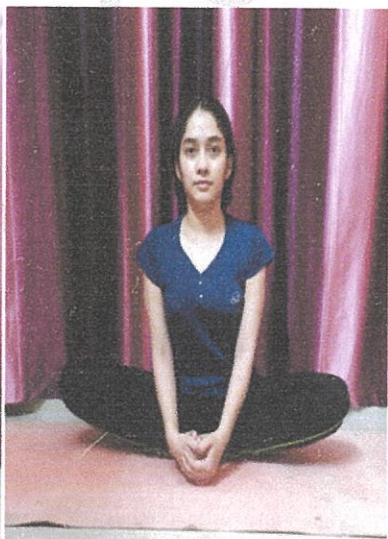
VAJRASANA



SETUBANDHASANA



**NISHU
210
B.Ed (B)**



Essay Writing and Quiz competition:

In these activities volunteer's responses were not assumed. Actually they are busy in there examinations. But they participated in National

Seminar on Yoga day and asked questions related with their online study problems. Many Volunteers explained well and write brief summary of Patanjali ji Yoga Sutra (Ashtanga Yoga).

Essay writing and Quiz preparation samples

Patanjali Ji Yoga Sutra

Name: Chhavi Duggal
Class: B.Ed 4th sem
Roll No.: 83

The Yoga Sutra of Patanjali is a collection of four books written by Sage Patanjali to guide the reader through the trials and tribulations of self-discipline through yoga. The goal is to connect the mind and soul back to the physical body through self-reflection, mantras, and spiritual practices.

First and foremost, the confusion on what Patanjali has and has not been an influential presence should be made clear. Patanjali, the man who wrote the Yoga Sutra, is not the same Patanjali that wrote a Commentary on Pāṇini's grammar. It is mistakenly assumed that Patanjali was the Master of yoga, medicine and Grammar.

Sutra's are small teachings that help summarize the overall message someone is trying to teach. They are a result of hundreds of years of oral instruction and needing a method to keep the moral short enough for memorization.

So, the Yoga Sutra of Patanjali is the text containing 196 Sutra's. It is intended to not only educate anyone on the importance of discovering one's true self but also to highlight the importance of understanding the yogi's place in the universe. Page 1

INTERNATIONAL DAY OF YOGA

Quiz Competition

1. Which branch does Ashtang yoga belong to?
2. In which year was the INTERNATIONAL YOGA DAY started?
3. Where was the International Yoga Day celebrated in 2019 in India?
4. For what duration is international yoga Day celebrated officially?
5. How many branches of yoga are there?
6. Who proposed the idea for INTERNATIONAL YOGA DAY?
7. On which day it is celebrated every year?

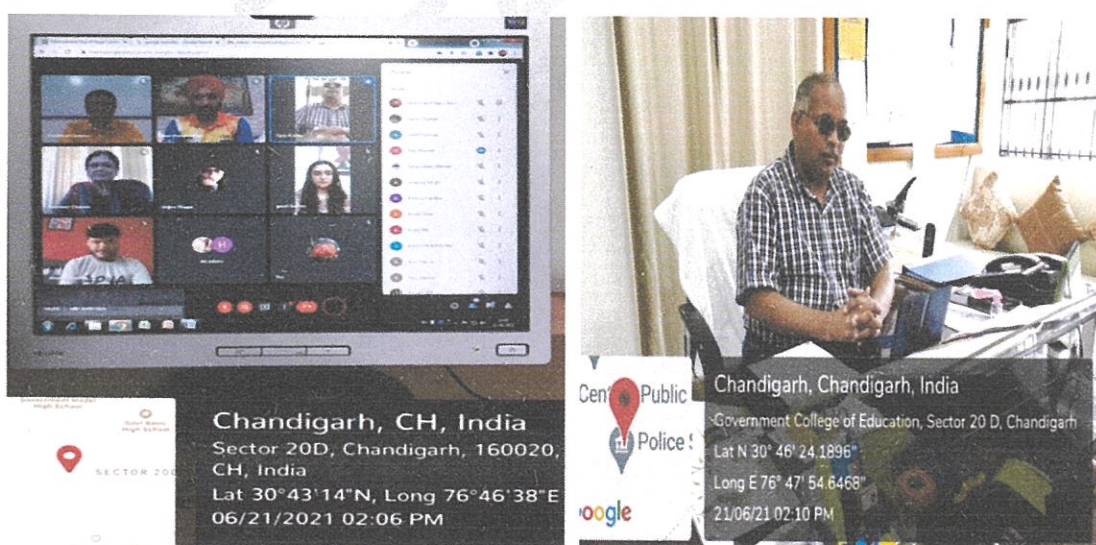
Submitted by
Seema Kumari
Pg.DgC, 2020-21
Rollno-915

2. National Webinar: Yoga and Online Teaching Learning Process

NSS cell of this College also organized a National Webinar on the theme "Yoga and Online Teaching Learning Process." The event was patronized by the Principal Dr. A. K. Srivastava. The convener and coordinator of the event was Dr. Ravneet Chawla who emphasized the importance of yoga in the development of a healthy body and sound mind. The Speaker of the event was a young achiever and all round sportsman "Mr. Harcharan Singh" Fitness Coach at Cricket Academy (Chandigarh) and was Yoga Therapist with IKCA (Indian Kayaking and Canoeing Association) during World Cup, China. The event was initiated with an introduction of the patron by Dr. Ravneet Chawla. It was followed by a welcoming speech from the patron - Principal Dr. A.K Srivastava, who realized and expressed the importance of Mindful Yoga practices especially during the present pandemic era. Gauri Segan Bakshi, student coordinator from B.Ed.1st year, introduced and welcomed the esteemed

speaker Mr. Harcharan Singh on behalf of the student body. The speaker, with his eloquence, enlightened everyone about the concept of Yoga and meditation. The event initiated with a light meditation and spiritual chanting. He also suggested appropriate yoga asanas for relieving neck, shoulder and posture problems due to long online study hours. Yoga Asanas to enhance physical strength and flexibility were also discussed. Yogic kriyas to counter academic stress and fatigue were shared by the speaker along with the importance of "Ahar and Vyavahar ". Mr. Harcharan Singh interacted with the attendees in a creative and expressive manner. Harcharan Singh solved these queries and enumerated various yoga and Pranayama practices to help cope with the challenging situations. He explained yoga asanas, their benefits and steps to perform them, keeping in mind the beginners. The coordinator Dr. Ravneet Chawla brought to light the struggles of students and teachers during the online learning. She encouraged cultivation of mindfulness through yoga abhyasa. Ms. Gurbina Chopra, B.Ed. 2nd year student, extended a formal vote of thanks on behalf of the student body. The principal of the college Dr. A.K. Srivastava applauded the enthusiastic participation in the webinar. Dr. Ravneet Chawla concluded the event with sincere gratitude and urged the attendees to embrace yoga as a means to elevate mind and body.

Glimpses of National Webinar



Principal, Dr. A. K. Srivastva and Participants in National Weminar



Mr. Harcharan Singh during his Performance

Programme Officers;

Dr. Mukhtiar Singh *m-smr*
22/6/21

Dr. Meena

Dr. Ravneet Chawla *Ravneet*
22/6/21

Principal *[Signature]*
22/6/21
G.C.E. 20-D, Chandigarh