

International Yoga Day celebration
Yoga and Anthropology
Department of Anthropology
University of Delhi
21st June, 2019

The idea of celebrating international day of Yoga was firstly proposed by our Prime Minister, Mr. Narendra Modi and is celebrated every year on 21st June. He very well said that “Yoga embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.”

The International Yoga Day was celebrated in the Department of Anthropology, University of Delhi. All the research scholars and faculty members were present in the seminar hall to celebrate this day with great enthusiasm. The Head of the department, Prof. P. C. Joshi gave an introduction of Yoga followed by Dr. R. P. Mitra who spoke on the different phases involved in Yoga. Further, Dr. K. N. Saraswathy gave her views on yoga, lifestyle and health.

The Yoga instructor, Mr. Aman Juneja (trained from Shivananda Yoga life situated in South Delhi) enlightened everyone with his in-depth knowledge on Yoga. He spoke on his personal life journey in adapting Yoga in his life and how Yoga helps every one of us to align body with mind and soul. He also emphasized on the deep breathing and relaxation techniques useful for relieving stress.

After the interactive session, most of the scholars and faculty members demonstrated various asanas followed by om chanting. Warm up exercises were taken and all performed sitting and standing asanas, importance of these were explained simultaneously. Mr. Aman encouraged all of us to practice regular yoga to remain fit and improvise health.

Programme Schedule

Name	Topics	Timings
Dr. R. P. Mitra	Introductory note	10 - 10.20 am
Prof. P. C. Joshi, Head of the Department	Yoga and Anthropology	10.20 – 10.40 am
Dr. K. N. Saraswathy	Introduction of Speaker	10.40 – 10.50 am
Mr. AmanJuneja, Yoga Instructor	Personal experiences of Yoga and Benefits of Yoga	10.50 -11.30 am
Mr. AmanJuneja	Practice session	11.30 – 12.30 pm
Mr. AmanJuneja	Interactive session	12.30 – 12.40pm
	Refreshment	12.40 – 1pm

Patron: Prof. P. C. Joshi

Convenors: Dr. K. N. Saraswathy and Dr. R. P. Mitra

Co- convenors: Dr. Kiranmala Devi and Dr.Mahajan





