

## Celebration of 7<sup>th</sup> International Yoga Day

21<sup>st</sup> June 2021

Under the theme of 7<sup>th</sup> International day of yoga-"Be with Yoga, Be at Home", the NSS Unit of the IIS (deemed to be UNIVERSITY) in collaboration with Sports Board and NCC organized a virtual session on 'Yoga and wellness'. The guest speaker of the session was Mr. Sharad Kamra, who is a Ministry of Ayush, Government of India, Certified level-2yoga teacher and currently working as part-time Art of Living yoga trainer teaching various programs such as Life Skills programs, Yogasana programs, Meditation, Wellness and Kriya Yoga programs etc. 167 NSS volunteers participated in the activity.

Mr. Kamra started the session with discussion on importance of yoga in our life and how it embodies unity of mind and body; thought and action; restraint and fulfilment and create harmony between man and nature. He explained that yoga 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. He demonstrated many asanas which one can do sitting on chair, few very important breathing techniques. He also demonstrated the techniques of doing pranayama and meditation. More than two hundred students and faculty members of the IIS (deemed to be UNIVERSITY) participated in the session. All the participants performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with the speech by our Chancellor, Dr. Ashok Gupta. He encouraged the participants to practice regular yoga to remain fit and healthy.



