

Action Taken Report
On
International Day of Yoga –(21st June 2017) Celebrations at
Maulana Azad National Urdu University, Gachibowli, Hyderabad

In compliance to the communications received from Professor Jaspal S. Sandhu, Secretary, UGC (Letter No. D.O.No.F.1-1/2017 dated 5th April 2017), Mr. Vikas Tripathi, Under Secretary, MHRD, Govt. of India (Letter No.F.No.19-39/2017-CU Cdn.), Mr. Surat Singh, Deputy Secretary, MHRD, Govt. of India(Letter No. F. No.19-39/2017-CU Cdn), and Mr. Satish Gupta, Regional Director, National Council for Teacher Education, Govt. of India (Letter No. F. No.NRC/NCTE/Yoga Day/2017/175948 dated 23rd May 2017), Maulana Azad National Urdu University, Gachibowli, Hyderabad, TS, India organized International Day of Yoga on 21st June 2017. At the outset, the Coordinator of this event, Dr. Mohammad Fariyad welcomed all the dignitaries and briefed the audience about the aims and objectives of the International Day of Yoga. In spite of summer vacation, a large numbers of students, teaching and non-teaching staff were present in the programme and participated in the Yoga practice. The Programme was presided over by the Vice Chancellor In-charge Dr. Shakeel Ahmad. Prof. Fatima Begum, Dean School of Education and Training, and Prof. Abdul Wahid, Dean, School of Computer Science and Information Technology were guests of honor. Dr. Ramakant Sahoo, Yogaguru, Patanjali Yog Peeth, Gachibowli, Hyderabad was invited to deliver the Yoga day Lecture and Mr. Ramawatar Tiwari was invited to demonstrate the different Asanas of Yoga.

The programme was started with the formal welcome address given by the Principal, Polytechnic, MANUU, Hyderabad. He welcomed all the dignitaries and participants. Thereafter, the Coordinator through the detail light on the importance of Yoga Day and emphasized each and everyone to make the Yoga part and parcel of life. He said that university is conducting this event on regular basis due its health benefit and celebrating International Day of Yoga for the 3rd consecutive year by the direction of UGC and other allied agencies. In his address, Dr. Ramakant Sahoo, a renowned Yogaguru, Patanjali Yog Peeth, Gachibowli, Hyderabad, explained in detail about the multiple benefits of regular practice of yoga. Dr. Sahoo, in his speech defined each and every Asanas and their health benefits. He also suggested the specific Asana for specific ailment. According to Dr. Sahoo, daily practice of Yoga makes us healthy both physically and mentally.

With the practice of regular Yoga, we can control our emotions and live a very balanced life in home, society and workplace. Yoga provides us internal strength and boost up our immune system which is the power house of our life. He told the participants and dignitaries the benefit of one of the *Asanas* known as *Pranayam*. By practicing *Pranayam* one can get rid of stress, asthma, and make mind steady, strong will power and sound judgment apart from lowering blood pressure and weight loss. In the end he said that be healthy and practice yoga regularly for healthy body, healthy mind and peaceful soul. In his lecture on the benefit of Yoga Dr. Ramakant Sahoo emphasized that a human being needs strength, stamina and mobility to do anything and to achieve this you have to practice yoga. By elaborating science behind yoga he said that health is very important part of one's life and healthy body represents healthy mind and to achieve this goal everybody should practice Yoga.

Mr. Ramawtar Tiwari, a very famous Yoga Practitioner demonstrated various *Asanas* of the Yoga and all the participants (Students, Teachers and Non-Teaching Staff) practices Yoga in its true spirit. While demonstrating each and every Yoga *Asanas*, he well explained the benefits of each and every *Asanas*. Some *Asanas* which were demonstrated was *Supasna*, *Vajtasana*, *Vikasana*, *Savasana*, *Bharadvajasana*, *Urdhva Prasarita Padotanasana*, *Halasana* and many more. By defining health benefit of different *Asanas* and its effect on body and mind Dr. Sahoo said that *Vikasana* is best for child development and it increases the height of the child. The students enthusiastically participated in the demonstrated and practiced yoga demonstrated in front of them by Yoga Guru Mr. Tiwari.

After the demonstration and practice of Yoga, there was Question answer session. Participants enthusiastically asked different questions to Dr. Sahoo about some techniques of yoga and their health benefits and get promptly and elaborative answers from Yogacharyas.

In his presidential address, Dr. Shakeel Ahmad, Hon'ble Vice Chancellor I/C, thanked everybody for joining the International Day of Yoga celebration and he also showed determination in taking up the mission and vision of Government of India, UGC and MHRD. By recounting different benefits of yoga he thanked one of the participants, who asked a question and get answered by Yogacharya, for asking the same problem which he himself suffering. He said that he will definitely practice the *Asana* as explained and demonstrated by Yogacharyas to

get rid of the problem and also encouraged students, teachers and staff to take up the Yoga for health benefits and pious soul. He also thanked Government of India for taking big work of recognizing Yoga far beyond the boundary of republic on India and spread the culture of India throughout the world. He vowed to participate in every vision of Government of India to make our country beautiful.

Dean, School of Education and Training, Prof. Fatima Begum said that yoga should be started from very early stage and it is very good for muscle strength for mind and body and for soul also. In the same line Dean, School of Computer Sciences and Information Technology, Prof. Abdul Wahid twisted one of the proverbs and said that daily yoga at least for 20 days keeps doctors away. After this formal function, there was a competition for slogan writing and poster making on the theme of Yoga among the students of MANUU. A large number of students were participated in the above said competitions. The vice-chancellor I/C distributed prizes and certificates among the participants and also presented bouquet and shawl to the guests. The programme was ended with the vote of thanks given by Dr. Kaukab, Deputy Director, Department of Physical Health.