



मोतीलाल नेहरू राष्ट्रीय प्रौद्योगिकी संस्थान इलाहाबाद
इलाहाबाद-211004 [भारत]

Motilal Nehru National Institute of Technology Allahabad
Allahabad-211004 [India]

Report on
Celebration of 4th International Day of Yoga on June 21, 2018 at MNNIT Allahabad

Motilal Nehru National Institute of Technology Allahabad (MNNIT Allahabad) successfully celebrated 4th International Day of Yoga on June 21, 2018 with full joy and enthusiasm. Around 150 attendees including Faculty and Non-Faculty staff along with their family members as well as Students of the institute have actively participated in this program and got benefited through the yoga protocol. Mr Anjani Kumar Pundrik, a yoga expert and institute yoga trainer, ably guided the participants in performing the yoga. With regard to the preparation for International Day of Yoga 2018, intensive practice of yoga events were undertaken through summer camp since May 23, 2018, and the main event of the International Day of Yoga is celebrated on June 21. The participants made a pledge to make Yoga an integral part of their daily lives.

During the occasion following activities have been conducted:-

1. Discussion on “Importance and Benefits of Yoga”
2. Practice of Set Yoga Protocol including :-
 - a) Prayer in any Meditative Posture
 - b) Chaalan Kriyas / Loosening Practices (Neck, Shoulders, Trunk and Knee Movements)
 - c) Yogasana (Standing Postures, Sitting Postures, Prone Lying Posture, Supine Lying Postures)
 - d) Kaapalbhaati
 - e) Pranayama (Kapal Bhanti/Anulom-Vilom/ Nadi Shodhana/ Sheetali/ Bhraamari Pranayama)
 - f) Dhayana/Sankalapa
 - g) Shanti patha
3. Interaction with students and Staff about the importance of Yoga and Yogasanas.
4. Motivation for Joining Regular Yoga Classless, Feed Back.
5. National Anthem.

On this occasion Prof. Rajeev Tripathi, Director of the Institute congratulated the organizing team and volunteers for their effort to celebrate 4th International Day of Yoga on June 21, 2018. During the speech, he stressed upon the importance of Yoga and said that Yoga is a gift from ancient Indian culture, which is not only a kind of physical exercise but it is a medium for connecting oneself, with the world and nature as a whole, along with this it also caters to the need of a healthy body and mind. He requested the gathering to actively and continuously participate and practice Yoga for betterment of life and overall positive thought process. He insisted on creating a sustainable Yoga atmosphere by organizing Yoga activities throughout the year. He appreciated the overwhelming response from the entire MNNIT family to make the 4th International Day of Yoga a grand success. Please refer to the ‘*Action Taken Report*’ for further detail on the event organized.

Selected Photos on Celebration of International Day of Yoga (IDY-2018)

MNNIT Allahabad

















