

Indira Gandhi Institute of Physical Education & Sports Sciences

(University of Delhi), B-Block, Vikaspuri, New Delhi – 110018, Email: principal@igipess.du.ac.in :

Website: www.igipess.du.ac.in

Dated: 21.06.2023

Report on Celebration of International Day of Yoga



The Indira Gandhi Institute of Physical Education & Sports Sciences, University of Delhi celebrated 9th International Yoga Day on June 21, 2023 in the premises of the Institute. The theme for this event was 'Yoga for Vasudhaiva Kutumbakam', 'effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future'.

9वां अंतर्राष्ट्रीय योग दिवस
INTERNATIONAL DAY OF YOGA
(21st June, 2023) at 9.45 am

विषय / Theme
वसुधैव कुटुम्बकम्
Vasudhaiva Kutumbakam

Chief Guest
Prof. Bipin Kumar Tiwari
Chairman, GB

Guest of Honor
Prof. Subho Mazumdar
Treasurer, GB

Special Guest
Sh. Harish Oberoi
Counsellor, MCD
Ward - 103

Principal (Offg)
Prof. Sandeep Tiwari

Organized By
IQAC, Indira Gandhi Institute of Physical Education & Sports Sciences,
(University of Delhi), B-Block, Vikaspuri, N. Delhi - 18

द्वारा आयोजित
IQAC, इंदिरा गांधी शारीरिक शिक्षा और खेल विज्ञान संस्थान,
(दिल्ली विश्वविद्यालय), बी-ब्लॉक, विकासपुरी, नई दिल्ली - 18

Co-ordinator
Prof. J. P. Sharma

Co-ordinator
Prof. Tarak Nath Pramanik

Member, IQAC
Prof. Sandhya Tiwari

Member, IQAC
Prof. Lata Sharma

Member, IQAC
Prof. Rishi Singh

Member, IQAC
Dr. Manabika

Coordinator, IQAC
Prof. Samiran Chakraborty

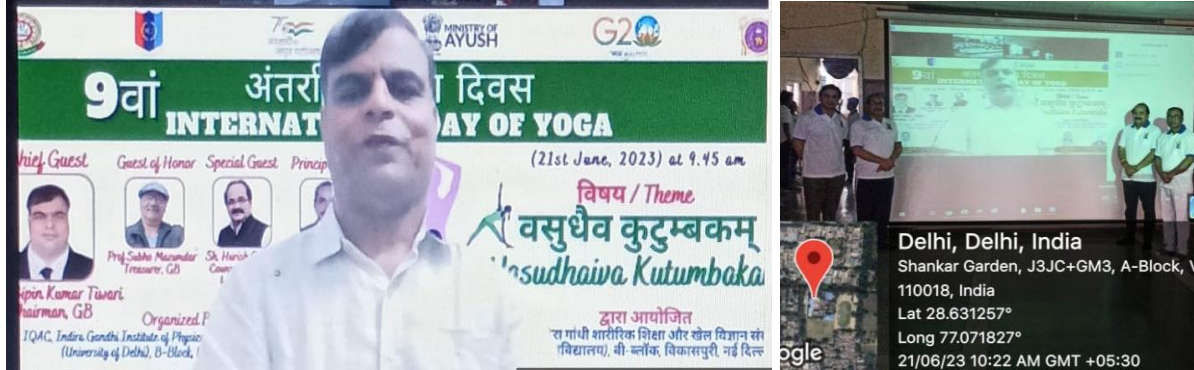
<https://www.youtube.com/channel/UCjoRCswFivC9GkEta5k5Xg> Website: www.igipess.du.ac.in <https://twitter.com/IGIPESS1> <https://www.facebook.com/IGIPESS87>

Program started with the introduction of Prof. Bipin Kumar Tiwari, Chairman Governing Body IGIPSS who graced the function as the Chief Guest. The Special Guest Mr. Harish Oberoi, Counsellor MCD, Ward 103 was present on this occasion. Prof. Sanjeev Kaushal introduced the Guests to the participants.

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Speaking on this occasion Prof. Bipin Kumar Tiwary stressed upon the importance and need of Yoga in everyday life. He stated that Yoga is extremely beneficial for the psychological well-being and therefore, need to be practiced on a regular basis. Yoga not only helps in developing a sound fitness but also promotes good health and spiritual well-being. Prof. Bipin Tiwary appreciated Prof. Sandeep Tiwari and his organizing team for their valuable efforts for the success of this event. He also motivated the participants.



Sh. Harish Oberoi expressed his gratitude to the Principal for the invitation. He motivated the participants and encouraged the participants to add the yoga in their daily life routine for reaping health benefits.

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Prof. Sandeep Tiwari, Principal (Offg.) addressed the gathering and provided the information about starting of Yoga at the International level by a resolution 69/131 which was adopted in the United Nation on December 11, 2014 to celebrate June 21 as the International day of Yoga starting from the year 2015. The draft resolution establishing the International Day of Yoga was proposed by India and was endorsed by a record 175 member states. The proposal was first introduced by Hon'ble Prime Minister Shri Narendra Modi Ji in his address during the opening of the 69th session of the UN General Assembly on 27th September, 2014. The date of 21st June was suggested because it is the longest day of the year in the Northern Hemisphere. He stressed that Performing Yogic Asanas and Kriyas on daily basis helps an individual to stay fit and healthy both physically and mentally. More than 180 countries has celebrated the 9th International Day of Yoga.

Principal expressed his heartfelt gratitude to Ministry of AYUSH, Government of India for their invaluable support by donating the Yoga T-shirts for the participants.



“Prof. Tarak Nath Pramanik” the co- coordinator of the program lead the participants and his team of trained yogic practitioners in performing the Yoga Protocol as defined by Ministry of

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AYUSH, Government of India through different yoga asanas (postures), pranayama (breathing exercises), and meditation techniques along with benefits that can be derived by practicing it on a regular basis.



Around 200 participants of all age categories including people from the society, students, teachers, and administrative staff were present in the celebration of 9th International Day of Yoga in the Indira Gandhi Institute of Physical Education and Sports Sciences (University of Delhi), Vikaspuri, New Delhi.



Lastly, a vote of thanks was delivered by Prof. Rajbir Singh who appreciated the involvement of participants in large numbers, Rajbir Singh express his gratitude to Prof. Bipin Tiwary, Chief Guest, Mr. Harish Oberoi, Special Guest & participants for their active involvement for the celebration of International Day of Yoga.





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