## GURU GHASIDAS VISHWAVIDYALAYA BILASPUR, CHHATTISGARH

## Report of 8th International Day of Yoga (IDY) - 2022

Guru Ghasidas Vishwavidyalaya has celebrated the International Day of Yoga-2022 on 21<sup>st</sup> June, 2022 on a mass level. Honorable Member of Parliament Shri. Arun Sao was kind enough to be the chief guest. Prof. Neelambari Dave was the guest of honor. Prof. Alok Kumar Chakrawal, Honorable Vice Chancellor of GGV, Bilaspur has given the Presidential Address on the occasion.

All the participants assembled at different venues at 5:30 am. The venues were University Cafeteria 150 participants, Rajat Jayanti Sabhagar 400 participants, Central Library 350 participants, Sport Arena 1500 participants, UTD 350 participants, Shahid Veer Narayan Boys Hostel 150 participants, Ambedkar Boys Hostel 100 participants, Swami Vivekanand Boys Hostel 150 Participants and Raj Mohini Devi Girls hostel 200 participants. Approximately 3350 teaching staff, non-teaching staff, students, security guards, housekeeping staff, families of faculties and guests participated in the yoga protocol.

At 6:00 AM. All this participants witnessed the welcome message by Honorable Union Ministers and dignitaries, followed by the address of Honorable Prime Minister Mr. Narendra Modi Ji.

At 7:00 AM all this participants observed common yoga protocol for 45 minutes followed by National Anthem. After the common Yoga Protocol Honorable Member of Parliament Shri. Arun Sao addressed the gathering, and distributed prizes and certificates to the winners of various activities held in the month of May and June 2022. The program was concluded with vote of thanks by the department of physical education. After the concluding ceremony of the function a group photo of all the participants was taken in front of Auditorium.



At Central Library Building





At Raj Mohini Devi Girls Hostel







At University Basketball Sports Arena





At inside of Rajat Jayanti Sabhagar





At outside side of Rajat Jayanti Sabhagar





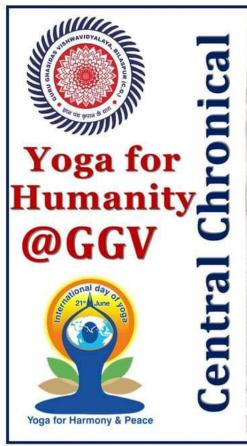
Honorable Member of Parliament Shri. Arun Sao (Chief Guest), Prof. Neelambari Dave as a Guest of Honor and Prof. Alok Kumar Chakrawal, Honorable Vice Chancellor of GGV, Bilaspur with University faculties at University Cafeteria during IDY 202.















Bilaspur, Jun 21: Guru G h a s i d a s Vishwavidyalaya (Central University) celebrated the ath International Yoga Day 2022 on 21st June, 2022 with enthusiasm, gaiety and celebration at a collective level. All the participants gathered at different places at 65.30 am for participation.

CU among the country's 75 I conic Higher Education Institutions—The Ministry of Education, Government of India har ranked Guru Ghasidas 'university' at 80th position by including it in the list if 75 [conic Higher Education Institutions in the country. Bilaspur, Jun 21: Guru

Hostel registered their attendance. Thus 3350 par-ticipants including teaching staff, non-academic staff, other staff, security guards, housekeeping staff, families of faculties and guests participated in

Arrangements made at ten places- Arrangements were made for the partici-pants at ten differen-places for organizing the grand program on International Yoga Day in Guru Ghasidas University. Guru Ghasidas University These venues were the Cafeteria with 150 partici-pants, Auditorium with 400 participants, Central Library with 350 partici-pants, Sport Arena with 1500 participants, UTD 350 participants, Shaheed Veer Narayan Boys Hostel 150 participants, Ambedkar Boys Hostel 100 participants, Swami Vivekananda Hostel 150 participants and 200 fe-participants and 200 feparticipants and 200 fe-male students at Girls'

the Yoga Protocol.

Prime Minister's address-Accordings to the participants reached all the venues at 5.30 am, after which the speeches were given by the Union Ministers, followed by the address of the Prime Minister, Narendra Modi whose address on the occawhose address on the occa sion of the Eighth International Yoga Day from Mysore was to par-ticipants the corners of the country and the world.

tion, self-control and pertion, self-control and per-fection, and harmony be-fection, and harmony be-tween man and nature. It is a holistic approach to health and wellness. Yoga is not just exercise, but a feeling of finding oneness within oneself and with the world and with na-ture.

The Chief Guest, Member of Parliament, Arun Sao said on this holy festival, 'First happi-ness is a healthy body' among the seven pleas-ures discussed in Indian

Protocol received from the ministry.

After the general yoga protocol, Vice-Chancellor, Prof. Alok Kumar Chakrawal, presiding over the program, congratulated and greeted everyone on the occasion of the eighth International Yoga Day in his presidential address. He said that Yoga is an invaluable gift of ancient Indian tradition and culture. The practice of yoga provides unity of body

ture. The practice of yoga provides unity of body and mind, thought and ac-

folk philosophy. A healthy mind resides in a healthy body as a prisoner Our sages discovered yoga in ancient times for physical and mental health and well-being. During this holy festival, Prof. Nilambari Dave participated as a Special Guest and encouraged the morale of everyone. On this occasion, prizes were given to the winners of all yoga related activities that have been organized in the months of May and June. The entire program was arranged through 16 com

mittees.

The program was conducted by Dr. Shalini Menon of Physical Education Department and vote of thanks by delivered by Prof. by Vishan Singh Rathore. A group photograph of all the participants was taken after the conclusion of the ceremony.

Mony.

All the participants of the university enthusiastically participated in the program and took it as the goal of their healthy life.

## **IDY** at a Glance in newspapers



Dr. Sanjit Sardar **Head (Physical Education)** 

Prof. V.S. Rahore **Convener IDY & Dean SoS-Education**