

MBS SCHOOL OF PLANNING AND ARCHITECTURE

SECTOR – 9, DWARKA, NEW DELHI

GGSIUP University

REPORT ON

"INTERNATIONAL YOGA DAY"

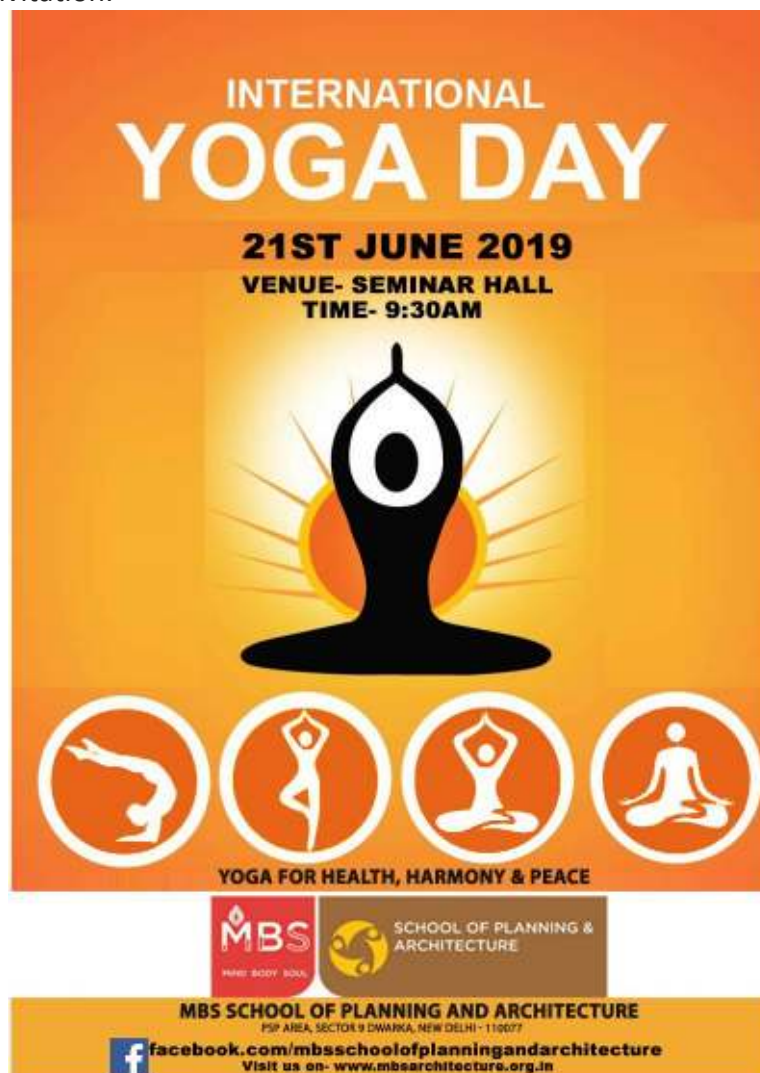
Date: 21st June' 2019

Time: 9:30 AM

Venue: Seminar Hall

Details of the event:

All the students and faculty members were invited for International Yoga day celebration with following invitation.



International day of Yoga (IDY) was declared by United Nations General Assembly (UNGA) in 2015. Yoga is an invaluable ancient tradition, which embodies unity of mind and body. To celebrate the occasion, all the faculty members assembled in Seminar hall, MBSSPA campus.

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The event was held in seminar hall and began with various yoga aasans. One of the faculty members was assigned the duty as an instructor, who elaborately explained the techniques and benefits of various assans, while guiding all the participant faculty members to carry out the yoga aasans.



A video was also played in the background, helping the participants to carry out the various yoga aasans. Some of the yoga aasans carried out included, Tadasana, Vrksasana, Trikonasana, Pranamasana, Tadasana, Veerasana, Tiryaka bhujangasana etc.



Post the yoga exercises, a brief speech was given by Prof. V.K. Bugga, who explained the relevance of the day and history of Yoga. He elaborated on the reference of yoga in Mahabharat and various old stories and scriptures. He discussed how yoga helps to train our mind and muscles and its importance in helping to create happiness within. Then he concluded the session, by wishing everyone a happy International Yoga day and a healthy life.

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