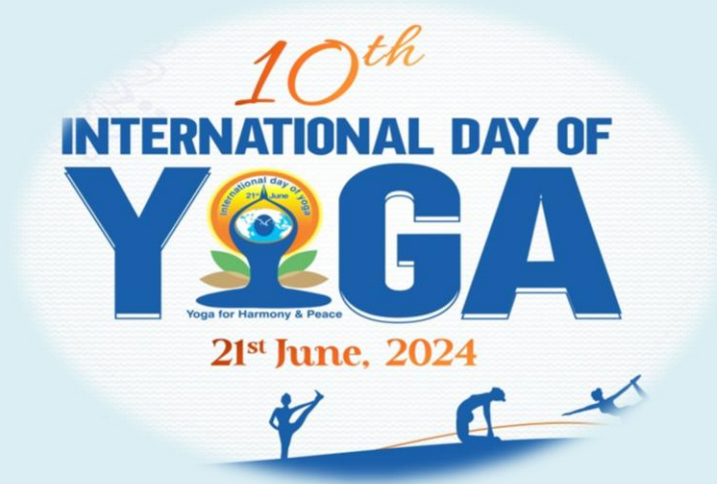




# **A Report of the Celebration of International Yoga Day On 21<sup>st</sup> June, 2024**

**Theme: Theme: "Yoga for Self and Society."**



**Jointly Organized by:**

**DESKU EIACP RP on Environmental Biotechnology,  
University of Kalyani**

**Sponsored by: MoEF & CC, Govt. of India**

**And**

**Yoga centre, Department of Physical education, University  
of Kalyani**

The United Nations established the International Day of Yoga on December 11, 2014, in response to a proposal made by the Indian Prime Minister Narendra Modi at the 69th session of the UN General Assembly and was adopted under the UNGA agenda of 'Global Health and Foreign Policy'. The first International Day of Yoga was celebrated on June 21, 2015. The date of the day was made to coincide with the summer solstice, which is the longest day of the year in the Northern Hemisphere and is a symbol of light and health. Yoga is a physical, mental, and/or spiritual practice firstly started in the India. International Yoga Day is used to celebrate to make the people to get them every kind of knowledge and information about the facts and effects of Yoga on the health of the people. Yoga is more than just an exercise. It is a method for empowering oneself, along with the body and psyche. With today's life, which is going so fast, everybody should integrate yoga into their everyday daily practice. Yoga gives the people much more calmness and peace with lots of Confidence and Courage to the people by which they can do many of the activities in a better way. It gives the people lots of energy to do many tasks with full Confidence and refreshment of the Body to do it properly. It helps those people who are used to suffering from many types of mental as well as physical pain. Every people should do Yoga at any time in any place to develop their Physical as well as Mental condition.

Over the years, yoga has become widely popular worldwide, with millions embracing it to enhance their overall health and mental well-being. Yoga is not only about physical exercises but includes breathing exercises and mediation. It not only helps to reduce stress, anxiety and depression but also improves flexibility, strength, balance, and endurance.

The Theme for Yoga 2024 is '**Yoga for Self and Society**'. Yoga provides a holistic approach to health and well-being that assists in restoring balance in our busy lives. On this special day, we celebrate its transformative power. This is the 10<sup>th</sup> International Yoga Day.

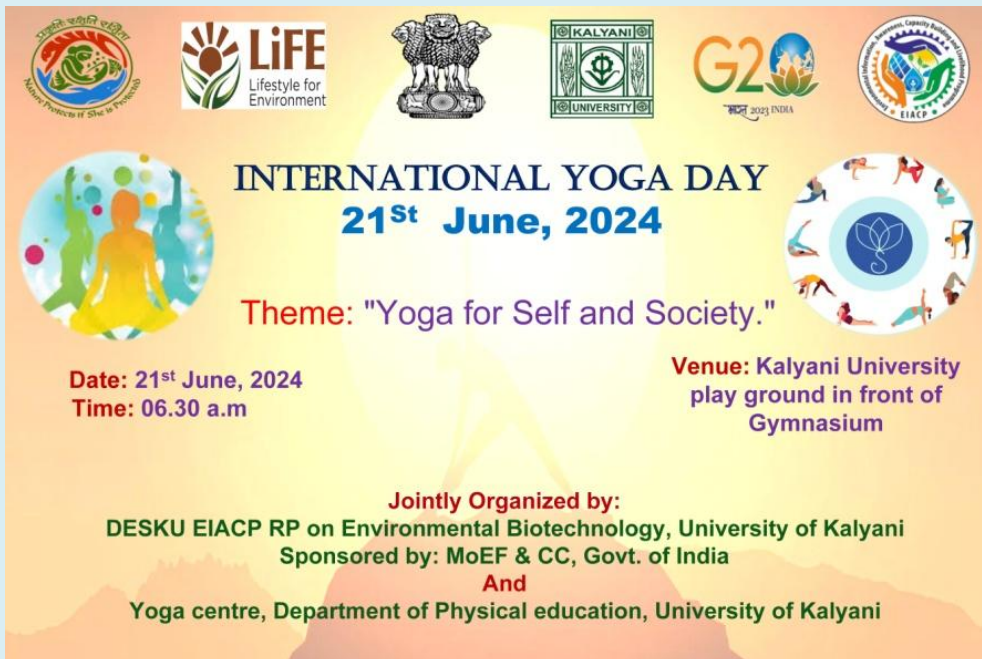
Under Mission LiFE to promote a healthy lifestyle this year DESKU EIACP PC-RP on Environmental Biotechnology, University of Kalyani was celebrated the 10<sup>th</sup> International yoga day on 21<sup>st</sup> June 2024. The Day was celebrated jointly with Yoga centre, Department of Physical Education in the Gymnasium of University of Kalyani. Prof (Dr) Debansu Ray, Registrar, University of Kalyani inaugurated the International Yoga Day with his valuable speech on management of stress through yoga. He also explained that yoga gives the people much more calmness and peace with lots of Confidence and Courage to the people by which they can do many of the activities in a better way. It gives the people lots of energy to do many tasks with full confidence and refreshment of the Body to do it properly. Every people should do Yoga at any time in any place to develop their Physical as well as Mental

condition. If we will do yoga we will get the benefits. DESKU EIACP staffs, University staffs, officers, faculty members, research scholars, students and school children's were participated in the programme. Yoga demonstration programme was performed by Mr. Pratap Santra, Yoga Instructor, KU. Near about 250 participants were participated in the programme.

Internationalyoga day #HealthyLifestyle #missionLiFE.

**Summery:**

<b>Name of the programme</b>	Celebration of International Yoga Day On 21st June, 2024
<b>Name of the organizer</b>	DESKU EIACP PC-RP on Environmental Biotechnology, University of Kalyani and Yoga centre, Department of Physical Education in the Gymnasium of University of Kalyani.
<b>Date</b>	21 <sup>st</sup> June 2024
<b>Venue</b>	Gymnasium, Yoga centre, Department of Physical Education
<b>No.of participants</b>	250
<b>Name of the Chief guest</b>	Prof (Dr) Debansu Ray, Registrar, University of Kalyani
<b>Name of the instructor</b>	Mr. Pratap Santra, Yoga Instructor, KU



Flyer prepared for yoga day



Inauguration of International Yoga Day





Kalyani, West Bengal, India  
 XCJW+Q36, University Of Kalyani, Kalyani, West Bengal 741251, India  
 Lat 22.981891°  
 Long 88.444838°  
 21/06/24 07:41 AM GMT +05:30

DESKU EIACP Staff with Yoga Participants in yoga camp



Kalyani, West Bengal, India  
 XCJW+Q36, University Of Kalyani, Kalyani, West Bengal 741251, India  
 Lat 22.981815°  
 Long 88.445268°  
 21/06/24 07:00 AM GMT +05:30

Demonstraion of yoga by Mr. Pratap Santra, Yoga Instructor, KU



Kalyani, West Bengal, India  
 XCJW+Q36, University Of Kalyani, Kalyani, West Bengal 741251, India  
 Lat 22.981737°  
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 21/06/24 07:13 AM GMT +05:30

Demonstraion of yoga by Mr. Pratap Santra, Yoga Instructor, KU