



Celebration of International Yoga Day, 2017
ENVIS Centre on Environmental Biotechnology
Department of Environmental Science
University of Kalyani



International Yoga Day it is celebrated annually on 21 June was declared by the United Nations General Assembly (UNGA) on 11 December 2014 was adopted under the UNGA agenda of 'Global Health and Foreign Policy'. This is the 3rd International Yoga Day. 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 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.

ENVIS Centre on Environmental Biotechnology, University of Kalyani was celebrated International Yoga Day jointly with Department of Physical Education and National Service Scheme in the University campus. The Hon'ble Vice-Chancellor Professor Sankar Kumar Ghosh inaugurated the International Yoga Day with his valuable speech about Yoga. ENVIS staffs, University staffs, officers, faculty members, research scholars, students and school children's were participated in the programme. Yoga demonstration programme was performed by the instructor and participants. About 300 participants were participated in the programme.

In recent we are concern about the environment. Yoga has a great importance on the world environmental sustainability. "**Sustainable Development Goals (SDGs)**" is the human wellbeing have 17 different issues which are concerned with **poverty, nourishment, health, women's issues, environment**, etc. This is the effort that has been going on in the world for a long time. If we cannot of our way of thinking and living we cannot change the world. This is why yoga becomes significant. By changing the human attitude, we can build a better planet.

When we taking about the Sustainable society there is 3 pillars i.e. **Social development, Environmental protection** and **Economic growth**. A long ago (about 2500 years) Patanjali initiated yoga in India. There are **8 limbs of Patanjali's Ashtanga Yoga** based on the principles of a sustainable society. It cannot be possible to have global sustainability if even one of us does not leave the smallest possible **carbon footprint** on the planet. The actions should taking increase energy efficiency, reduce water consumption, promote alternatives to driving, minimize landfill waste, and expand the urban forest.

Yoga also have significant role to control the climate change. "Humanity has the ability to make development sustainable-to ensure that it meets the needs of the present without compromising the ability of future generations to meet their own needs. This is the time to understand the real meaning of Climate Change because of progressively degrading

environments and the social structures of the global community seriously felt the threat to mankind's future. Yoga senses and controls the ambitions and physical matter of life and provides the platform for self-discipline. The climate change is the result of uncontrollable consumerism that promotes indiscipline and no regulation in life. It's now a well known fact that none of us can prosper in an environment that is polluted with noxious gases. Climate change is indeed making temperature rise and the negative impact is felt in agriculture, livelihood, forests, water bodies and the health of people. Since the problem is global in scale and impact, every society can play the saviour in their region and can tackle the problem on multiple fronts.

The main two wings of Yoga (**Yamas, ethical restraints & Niyamas, ethical observances**) are very closely related to environmental, social and economical reforms. The practice of the subsequent **5 limbs of yoga – asana, pranayama, pratyahara, dharana and dhyana** – lead to a society where individuals develop a positive outlook towards life.

The different types of yoga have different specific environmental significance which are given below:

Yamas	Environmental
Ahimsa (Non-violence)	Reducing environmental costs of meat consumption i.e. no harm to other animals
Satya (Truthfulness)	Preventing malpractices in environmental impact assessments
Asteya (Non-stealing)	Not assuming high CO ₂ emissions
Brahmacharya (Continenence)	Preventing population growth: preventing causes of STDS such as HIV-AIDS
Aparigraha (Non-possessiveness)	Not driving gas guzzlers
Niyamas	
Shaucha (Purity)	Cleanliness of the surroundings; preventing pollution
Santosha (Contentment)	Creating environments conducive to peacefulness around us
Tapas (Austerity)	Do our bit for environment
Swadhyaya (self study)	Being informed about environmental effects of our actions
Ishwar Pranidhan (Devotion)	Recognising that we cannot conquer nature with technology alone; we need to act to avert Climate Change

