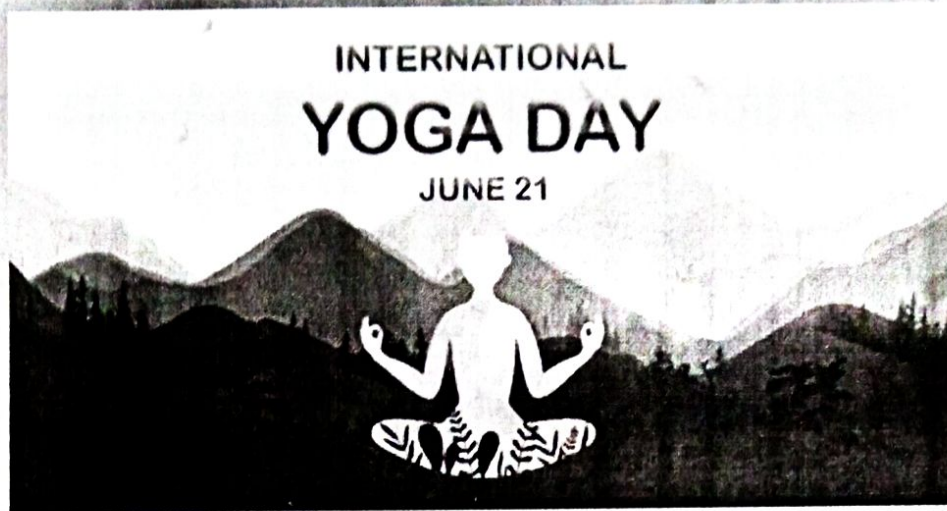




GLOBAL
Institute of Engineering & Technology



Unit of GIET invites you to
International Yoga Day
Be with Yoga, Be at Home



ZOOM ID: 413 947 4742 Passcode: 12345 Time: 09:00 AM





GLOBAL Institute of Engineering & Technology

(Approved by AICTE & Affiliated to JNTUH)

Recognized Under 2f Act of UGC 1956, an IS:9001-2015 Certified Institution

Survey No. 179, Chilkur (V), Moinabad (M), Ranga Reddy Dist. TS.

Phone: 08417-252233/253021 Email: principal.giet.u6@gmail.com

JNTUH Code (U6)

CIVIL-CSE-MECH-ECE-EEE-MBA-M.Tech.

EAMCET Code – GLOB

NSS UNIT – I & II

REPORT ON INTERNATIONAL YOGA DAY

21-06-2021

A webinar on **INTERNATIONAL YOGA DAY** has been successfully conducted on 21-06-2021 by NSS unit-I and II of Global Institute of Engineering and Technology, Moinabad.

The theme of the event was **Be with Yoga, Be at Home**. The event Coordinators were NSS POs of Unit-I and II Mr. P Padmarao, Asst. Professor, Department of Mechanical Engineering and Ms. V Renuka, Asst. Professor, Department of Humanities and Sciences respectively.

The program began with a welcome address by Mr. P Padmarao Asst. Professor, Department of Mechanical Engineering, GIET wherein advantages of regular practice of Yoga and eminence of International Yoga Day was emphasized. The next address was given by Dr.Mrs. Ravindra Tiwari, Dean –GPC who emphasized on Yoga as a means of revitalizing and energizing our inner selves and a means to improve our mind and body. The next speech was given by Mr. Amer Sohail Assistant Prof and Head, Dept of ME, who gave a magic mantra SATYAM- Science and Technology of Yoga and Meditation for the students to improve their overall personal. Mr. G Satyanarayana Assistant Prof, Dept of Mechanical Engineering explained a few asanas and their significance. Finally a vote of thanks was presented by Mr. Syed Mustaf Khadri Assistant Prof, Dept of ME.

An Essay competition was conducted for students.

The event was attended by 164 students and 13 faculty members.

NSS PO

Unit-I

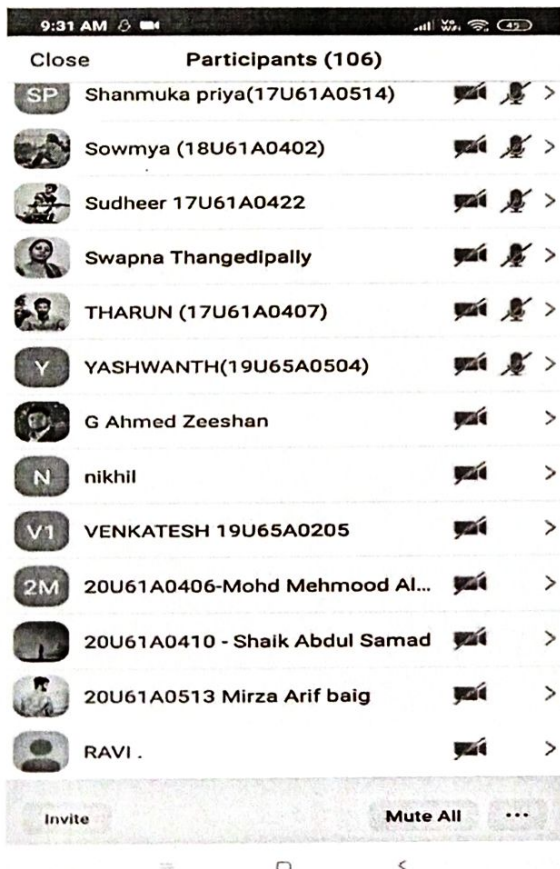
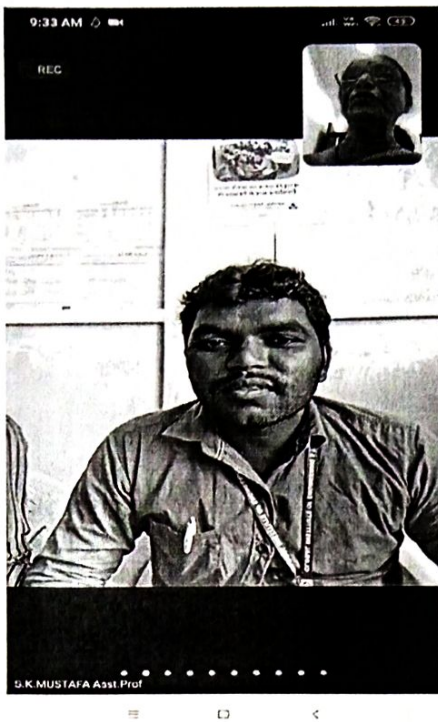
Unit- II



Principal

GIET





ESSAY WRITING COMPETITION

Essay on International Yoga Day

International Yoga Day is celebrated every year on June 21. It was first started by our present Prime Minister, Shri Narendra Modi. He celebrated Yoga Day for the first time on June 21, 2015, after which Yoga Day started being celebrated all over the world on June 21 and it turned into International Yoga Day. The festival of Yoga Day is celebrated every year by the Ministry of AYUSH in India.

Yoga helps in keeping the mind and body fresh. And to understand the importance of International Yoga Day, Yoga is a collection of spiritual, physical and mental practices. It received the global stature due to its principals in treatment which are without any side effects. Yoga has earned special recognition from the United Nations and declared June 21 as the International Yoga Day. Most of the educational institutions and schools celebrate International Yoga Day with various activities.



Global Institute of Engineering and Technology

INTERNATIONAL YOGA DAY

International Yoga Day is celebrated every year on 21st June. The idea was proposed by Prime Minister of India, Mr Narendra Modi with the objective of promoting the holistic benefits of yoga among the people worldwide. Hence the United Nations declared International Yoga Day in 2015. The word Yoga originated from the Sanskrit word, 'yuj' meaning to join or to unite.

Yoga is considered to be the most constructive and fruitful way of connecting our soul to God. It brings a balance and an alignment between our body and mind. Through meditation and breathing exercise, one can connect with nature and find bliss in the world. It opens our mind to appreciate the good in life and form peace. Moreover, a person develops a bond with the Supreme and Spiritual world.

It increases our thinking capacity and helps us to make better decisions. Also; Regular practice improves flexibility among the muscles, which strait the knee due to improper alignment and creates good posture. It prevents the body from severe back pain by strengthening the muscles.



21/06/2021

Gajula Tejasri

Essay

2006100507

CSE (1st year)

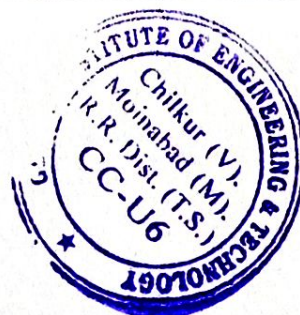
International Yoga Day

International Yoga day is celebrated every year on June 21. It was first started by our present prime minister, Shri Narendra Modi. He celebrated yoga day for the first time on June 21 in 2015, after which yoga day started being celebrated all over the world on June 15 and it turned into Yoga Day. The Festival of Yoga Day is celebrated every year by the Ministry of AYUSH in India.

What is YOGA

Yoga is a process in which man tries to bring his mind, body and soul together. Yoga is a Sanskrit word meaning to meet or to be united. Yoga originates from Indian culture. People have been practising yoga since about 5000 years ago. Yoga does not have physical fitness primarily, in yoga people try to control their body and mind, through mental focus and breathing methods.

Yoga is divided into six branches namely Hatho yoga, Raja yoga, Karma yoga, Bhakti yoga, Jnana yoga, Tantra yoga.



YOGA ...

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Yoga does not have physical fitness primarily, in yoga people try to control their body and mind, through mental focus and breathing methods.

"Anybody can breathe.

Therefore,

Anybody can practice yoga."

