



Report of 10th International Day of Yoga (IDY) - 2024

International Yoga Day, celebrated annually on June 21, was enthusiastically observed at our university this year. The event aimed to promote the physical, mental, and spiritual benefits of yoga, fostering a sense of community and wellness among students, faculty, and staff. Preparations began in advance, with promotional activities including posters and emails to ensure wide participation.

The celebration was organized by Department of Physical Education, Yoga and Sports Science at Yoga & Meditation Center, GGV Campus, Bilaspur Chattisgarh. Prof. Amit Saxena, Honourable Vice Chancellor (I/C) of GGV was kind enough to be the chief guest. Prof. A.S. Ranadive, Registrar of the university was the guest of honour of the program. All the participants assembled at Yoga and Meditation Centre at 06:00 am. Approximately 150 teaching staff, non-teaching staff, students, security guards, housekeeping staff, families of faculties and guests participated in the yoga celebration.

The event started by welcoming of the dignitaries and all the participants, at 6:30 AM followed by artistic yoga performance by university students which was mesmerising. At 6:40 AM all the participants observed common yoga protocol for 45 minutes led by Dr. Pankaja Pandey, Assistant professor, Dept of Physical Education, Yoga and Sports Sciences. The session included a series of asanas (postures), pranayama (breathing exercises), and meditation techniques. Participants, including students, faculty, staff, with their family members actively engaged in the practice, benefiting from the instructor's guidance.

After the yoga protocol, The guest of honour Prof. A.S. Ranadive addressed about the importance of yoga for a healthy life style with the help of various asanas and pranayama. The Chief Guest of the program Honourable Vice Chancellor (I/C) of the university Prof. Amit Saxena addressed the gathering about adding yoga in daily life, he appealed everyone to practice yoga regularly.

The Guests of the program were felicitated with a memento presented by the Department of Physical Education Yoga and Sports Science. The program was concluded with vote of thanks by Prof. Sanjit Sardar Head of Department, Department of Physical Education Yoga and Sports Science. After the concluding ceremony of the function a group photo of all the participants was taken at venue.





Faculty Coordinator



Head of Department

**Dr. Pankaja Pandey
Sardar**

Prof. Sanjit