

Sambhram Academy of Management Studies
International Day of Yoga
June 21, 2018

Sambhram Academy of Management Studies, Bangalore having yoga experts from Shri Pathanjali Yoga Shikshana Samiti observed Fourth International Day of Yoga in its campus attended by 55 MBA, M Com and BE students. Ms Shashikala and Ms Krupalini were the yoga experts representing SPYSS. With the initial Shantimantra led by the experts and chanted by the participants, Principal Prof K C Mishra briefed about the IYD and introduced the importance of the day to all. It was recalled on September 27, 2014, Hon'ble Prime Minister Sri Narendra Modiji in his UN address made a strong case that June 21 should be marked as IYD or World Yoga Day. He in his speech said: "the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world." June 21 is the summer solstice - the longest day anyone living north of the Equator (Northern Hemisphere). From 2015 International Day of Yoga is being celebrated all over the globe on June 21 every year.

To mark the Inaugural occasion the Guests then lighted the auspicious lamp. The yoga experts had to take all the participants through the processes of yoga techniques practically like: warming up exercise, sitting and standing postures, various kriyas, surya namaskar, and some asanas for the professionals, yoga nidra and the pranayama. The theme of IYD, 2018 was Yoga for Harmony and Peace so observing this International Event was a great opportunity to imbibe the ancient Indian yogic way of life with values of discipline in our daily life.

The student-participants by performing yoga could learn how yoga embodies unity of mind, body and spirit. They also performed various asanas like Vrikshaasana, Uttanaasana, Trikonaasana, Bajraasana, Shashankaasana, Bhujangasana and Pavana Muktasana. Along with the students all the faculties of the Institution also attended the yoga session. With message of World Peace placing India at the forefront, all participants prayed for Vasudhaiva Kutumbakam and with a clarion call to the entire human race ended the program.

Feedback from the Participants

We have been hearing about the benefits of doing yoga but never really had the opportunity to actually learn and do it. Those who undertake this exercise always share the benefits of it in all aspects of their life.

On 21st June 2018, we had the opportunity to have yoga session in our College campus. Initially it seemed to be ambiguous as what to do, what to feel or when are we finally going to be relaxed. As it went on and more understanding of it came to light, we could learn to understand the feeling of relaxation of body, mind and soul. Every part of the body acknowledges the feeling of pure relaxation and an integral connectivity.

We are beginners so we did not strain ourselves too much. But with constant practises it can become a way of life, a healthy enlightened way for a better life for all of us; there is no iota of untruth about this from our live experience from the yoga session on June 21, 2018.

So Be It