

TILAK MAHARASHTRA VIDYAPEETH

INTERNAL QUALITY ASSURANCE CELL

Report of celebration of 4th International Yoga Day

4th International Yoga Day was celebrated very enthusiastically today i.e. on 21st June 2018 in Vidyapeeth campus jointly with the Department of Ayurveda like previous years. IQAC had organized Essay competition for both staff and students. Topics for the competition were ‘Overcoming global issues with Yogic philosophy’ or ‘Problems of modern era and Yogic philosophy’. Seven staff members and fifteen students participated in the competition.

Program was organized on the event of yoga day in Vidyapeeth auditorium. It included a lecture on **Holistic health through Yoga** by a guest speaker **Dr.Samprasad Vinod, renowned Yoga Master** and demonstration of yogasana by students of Department of Ayurveda. Honourable Vice Chancellor Dr.Deepak Tilak and Honourable Acting Registrar Dr.Abhijit Joshi were on the dias along with guests.

The program started with offering coronet to Lokmanya Tilak bust and lamp lighting by dignitaries. Dr.Joshi gave introductory speech and talked about the idea behind celebrating International Yoga Day. He said that it’s a proud moment for us as we all know Yoga is a 5000 year old Indian body of knowledge and today its evoked enthusiasm across the globe. He also spoke about need of structured teaching and co-ordination between mind, body & soul.

Honourable Dr.Tilak insisted on importance of Karmyoga as mentioned by Lokmanya Tilak in Geetarahsya. He stated that you should present yourself to society as stable human being which is need of today.

Dr.Samprasad Vinod talked on holistic health through yoga. He said that doing yogasana is one part of Yoga. All our actions should be easy and comfortable. Healthy person must also have healthy mind which can be achieved through practicing yoga. The ultimate goal of yoga is stable mind with transparent valid actions. He also cleared the doubts of audience and guided audience through live meditation demo. It was really a soothing experience.

The lecture was followed by the spectacular demonstration of various yogasanas by students of Dept. of Ayurveda. The confidence, zeal and conviction of students were appreciated by all. Program ended with vote of thanks.

Prof.(Dr.) Abhijit Joshi
IQAC Co-ordinator





