

Celebration of International Yoga Day under aegis of IQAC, NLUD,
21st June 2023

About the YOGA

Yog (Sanskrit word) has Vedic origins mentioned in Rigveda. Yog is a group of physical, mental and spiritual practices or disciplines originated in ancient India. Yog aims to still the mind, reorganize a detached witness-consciousness untouched by the mind and mundane suffering. Traditional and modern yog/yoga is practiced worldwide.

Shalok:

धैर्यं यस्य पिता क्षमा च जननी शान्तिश्चिरं गेहिनी
सत्यं सूनुरयं दया च भगिनी भ्राता मनः संयमः।
शय्या भूमितलं दिशोऽपि वसनं ज्ञानामृतं भोजनं
एते यस्य कुटिम्बिनः वद सखे कस्माद् भयं योगिनः॥

Meaning: By regularly practising Yoga, a person can imbibe some very good qualities like courage which protects like a father, forgiveness as possessed by a mother & mental peace which becomes a permanent friend. Through regular practise of Yoga truth becomes our child, mercy our sister, self-control our brother, the earth becomes our bed & knowledge satiates our hunger.

With this event, we aim to create awareness about the significance of yoga and provide an opportunity for our university community (Faculty, Non-Teaching Staff, and Students) to engage in this ancient practice.