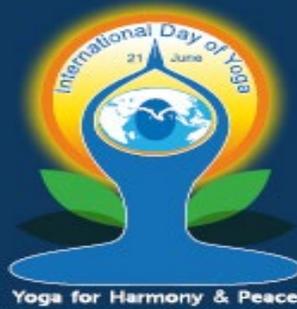


# **REPORT OF IDY-2020**



**AMITY**  
UNIVERSITY

## **INTERNATIONAL DAY OF YOGA CELEBRATIONS**



**By**

**Dr. Satyendra K. Rajput**

Director, Amity Institute of Indian System of Medicine  
under guidance of

**Dr. W. Selvamurthy**

President, Amity Science and Technology Innovation Foundation

## **Acknowledgement**

First of all, we extend our sincere thanks to our Hon'ble Founder President, Dr. Ashok K. Chauhan, Respected Chancellor, Dr. Atul Chauhan, Director-MDNIY, Dr. Ishwar V. Basavaraddi, Hon'ble Vice-Chancellor, Dr. Balvinder Shukla, Dean-Health & Allied Sciences, Dr. Bhudev C. Das with whose kind blessings and guidance, we could successfully celebrate IDY-2020 in a big way.

We are thankful to Dr. Goodwill Khokhar, Assistant Director, ASTIF, Dr. Neel Mani, Associate Professor, AIIT, Dr. Swati Madan, Associate Professor, AIISM, Dr. Vinamra Sharma, Assistant Professor-III, AIISM and Dr. Shruti Chopra, Assistant Professor, AIP for their sincere efforts and active support from planning to implementation of the whole program.

We are thankful to the Coordinators from other Amity Universities Campus i.e. Brig. G.S. Rathore (Retd.), Amity University, Rajasthan, Dr. Pankaj K. Jha, Amity University, Kolkata, Ms. Nidhi, Amity University, Singapore, Dr. Anand Srivastav, Amity University, Gwalior, Ms. Ritika Swaroop, Amity University, Jharkhand, Dr. Amit Kumar, Amity University, Dubai, Mr. Nikhil Kumar, Amity University, Lucknow. We are also thankful to all Amitians for their nice cooperation to make the program a grand success.

Besides above, we are heartily thankful to Shri Atul Kumar Nasa, Controlling Authority, Drugs Control Department, Delhi, Shri Jaydeep Arya, Joint Secretary of Indian Yoga Association and Ms. Pallavi from International Yoga Sports Federation for joining the Webinars and enlightening the participants by their impressive speech.

## **REPORT of IDY-2020 AMITY UNIVERSITY**

### **Amity Institute of Indian System of Medicine** **(Amity University, Noida)**

International Yoga Day is celebrated every year on June 21 since its inception in the year 2015. Yoga itself is a very old practice that is followed in India since time immemorial. Yoga is an invaluable gift of India's ancient tradition. Yoga's aim is not only to heal body but to purify all three: Mind, body and soul.

Since, the world is currently going through a strange and difficult period. For the first time in history, almost every corner of the globe has been hit simultaneously by a crisis. In view of this deadly pandemic Corona, it was decided to celebrate 6<sup>th</sup> International Yoga Day at home with family members through virtual mode.

On 21 June 2020, the world celebrated 6<sup>th</sup> International Day of Yoga and plenty of activities were organised across the globe through digital platform. This year's theme was 'Yoga at home and yoga with family'. So, everybody practiced or participated in the yoga sessions organised by different institutions or organisations all over the world.

With the kind blessings and support of Founder President Sir, Chancellor Sir and Vice-Chancellor Ma'am, Amity Institute of Indian System of Medicine at Amity University Noida celebrated International Day of Yoga by organising different volunteer Webinars, Yoga Practice Sessions as well as Global Yogasna Championship. As whole world practiced common yoga protocol from 7 a.m. onwards, Amity, also arranged a very good session of practicing common yoga protocol at the same time wherein certified Yoga Trainers and Experts conducted the common yoga protocol session and also talked on various activities related to Yoga and their basic understanding. A registration portal was open on AIISM website where faculty, staff and students registered with details of family members participating in this yoga session.

It is a matter of great pleasure that AIISM not only celebrated the International Day of Yoga (IDY-2020) with great enthusiasm in association with Ministry of Ayush, Indian Pharmacy Graduate's Association (IPGA) and International Yogasna Sports

Federation (IYSF) but also organised Global Yogasna Championship, many Webinars by eminent experts from renowned Institutions & Industry and spiritual leaders and also conducted several Yoga Sessions by certified yoga teachers Mr. Anil Arya and Ms. Devika Srivastava from Morarji National Institute of Yoga wherein huge number of candidates participated and got benefitted. Students pursuing PGDYT and B.Sc. (H) Yoga at AIISM also took part and performed their best during yoga performances held on

17 June 2020 in which Mr. Sunil Chugh student of PGDYT smoothly coordinated the program. Their performances were watched, examined and also appreciated by Dr. Ritu Chaku, yoga teacher from MDNIY, Delhi.

On 21<sup>st</sup> June 2020, a lot of activities were carried out in the morning session where Dr. Neha Jainar conducted common protocol and also performed a lot of exercises & asanas through virtual mode. She did many Standing Yoga Postures, Sitting Yoga Postures, Lying Yoga Postures, pranayams like Dhyan Mudra, Kapal Bhati, Anulom-Vilom, Bhastrika, etc. The session was meaningful & purposeful. After her session, Dr. D.D. Vichitra, performed a lot of exercises and asanas. He thoroughly put light on Gaytrimantra, Suksham Vyayaam, different yoga postures, Surya Namaskar, Chandra Namaskar, Shavasna, Yog Nindra, Bandh, Mudra, Pratyahar, Dharna, Om chanting Pranayam, Sudarshan Chakra, Meditation, Dhayana, Laughing Yoga Session, Mahamritunjya Mantra and many more which were well appreciated by all the participants.

All participants learnt a lot yoga postures & pranayam as well as lot of asanas and also performed the same simultaneously with the experts. During the program, Mr. Sachendra Bhadoni, certified Yoga Teacher also remained present and guided the participants. The program started at 7 a.m. sharp and continued till 10.15 a.m. In this program, candidates not only participated from India but also from abroad too and foreign candidates expressed their views too.

After the morning session, in evening a Valedictory Function was planned from 4 p.m. onwards. In this program, Dr. W. Selvamurthy, President, ASTIF, Amity Noida, Prof. B.C. Das, Dean-Health & Allied Sciences, Amity Noida, Shri Atul Nasa, Controlling

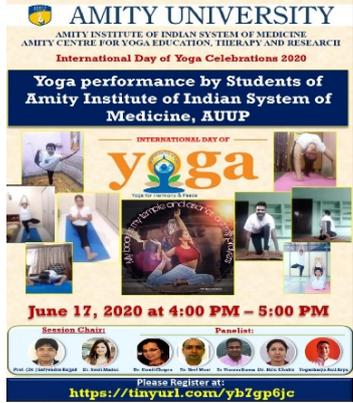
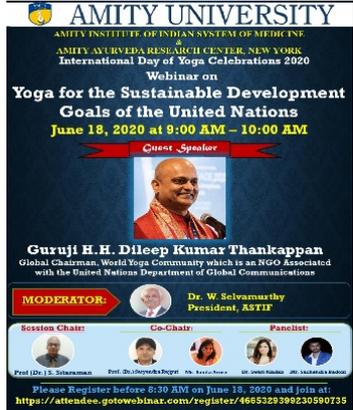
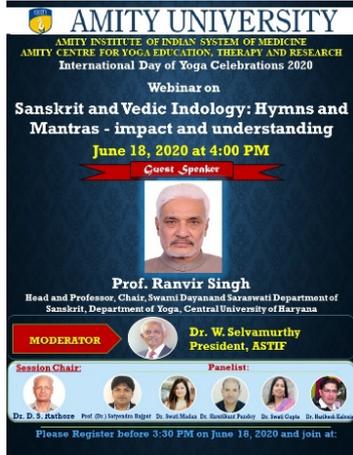
Authority, Drugs Control Department, Delhi and Shri Jaydeep Arya, Joint Secretary of Indian Yoga Association were speakers. Dr. S.K. Rajput, Director, AIISM introduced the guests to the audience. After that speakers expressed their views pertaining to Yoga & Asana and their innumerable benefits. Thereafter, award distribution ceremony was held and names of awardees were announced who have participated in many Yogasna Championship. During Vaedictory Function, Dr. Neel Mani Tripathi, Dr. Shruti Chopra from Amity Institute of Pharmacy and Dr. Vinamra Sharma from AIISM were present and declared the names of awardees. Vote of thanks was given by Dr. Swati Madan, Asst. Director, AIISM.

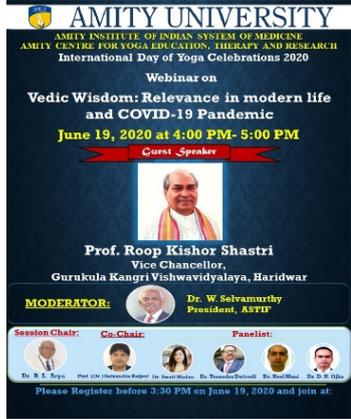
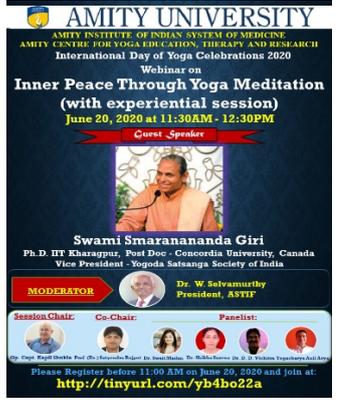
In the celebration of International Day of Yoga, 1<sup>st</sup> Webinar was held on 6<sup>th</sup> June 2020 and thereafter, it continued till 21<sup>st</sup> June 2020. Total 12 events were organized to celebrate IDY-2020. In the series of webinar, a Webinar on Inner Peace Through Yoga Meditation (with experiential session) was held on 20 June 2020. In this webinar, great spiritual Guru Swami Smaranananda Giri, President, Yogoda Satsanga Society of India delivered a lecture and enlightened the viewers. Since, his thousand number of followers wished to listen his words of wisdom, the session was live telecasted on Amity Links to make it possible for everyone to listen his talk. Complete details of events are attached with details of Global Yogasana Championship.

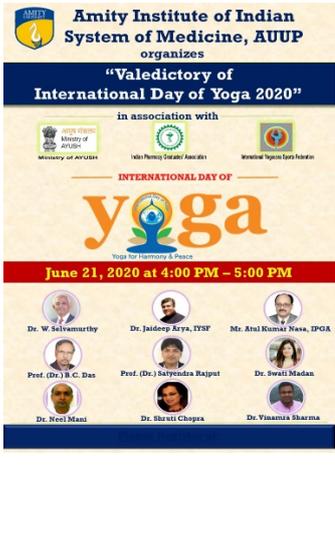
### **Details of Webinars/Events held in celebration of IDY-2020:**

Sl. No.	Date & Time	Webinar/Event	Speaker Details	Video URL	Poster	Organizing Committee	Candidates Participated

1.	6-Jun-2020 (10 a.m. to 11 a.m.)	Importance of Healthy Lifestyle in Modern Perspective	Dr. Daya Shankar Singh, Dy. Superintendent of Patanjali Ayurved Hospital	<a href="https://youtu.be/65BMMdq9N8U">https://youtu.be/65BMMdq9N8U</a>		Session Chair: Prof. S.K. Rajput, Director AIISM  Panelist: Dr. Swati Madan, Mr. Sachendra Bhadoni, Dr. Vinamra Sharma, Ms. Vinceta Meena	442
2.	9-Jun-2020 (11.30 a.m. to 12.30 p.m.)	Yoga for Community Immunity and Unity - IDY 2020 Celebrations	Shri Des Raj, General Secretary, Bharatiya Yog Sansthan	<a href="https://youtu.be/ANmhgHVnfhU">https://youtu.be/ANmhgHVnfhU</a>		Session Chair: Dr. W. Selvamurthy, President, ASTIF  Panelist: Dr. S.K. Rajput, Dr. Shrutu Chopra, Dr. Goodwill Khokhar, Dr. Swati Madan	798
3.	15-Jun-2020 (10 a.m. to 11 a.m.)	A preventive and managerial approach towards COVID 19: The Ayurvedic perspective	Dr. Akhilesh Sharma, Visiting Faculty, California College of Ayurveda	<a href="https://youtu.be/62CxTtUbsOM">https://youtu.be/62CxTtUbsOM</a>		Moderator: Dr. W. Selvamurthy, President, ASTIF  Panelist: Dr. S. Sitaraman, Dr. S.K. Rajput, Ms. Savita Arora, Dr. Swati Madan, Mr. Sachendra Bhadoni, Dr. Vinamra Sharma	542
4.	16-Jun-2020 (4 p.m. to 5 p.m.)	Yoga Research-Relevance to COVID pandemic	Prof. Akshay Anand, Neuroscience Research Lab PGI, Chandigarh	<a href="https://youtu.be/GKpGJDDfUok">https://youtu.be/GKpGJDDfUok</a>		Moderator: Dr. W. Selvamurthy, President, ASTIF  Panelist: Dr. B.C. Das, Dr. S.K. Rajput, Dr. Jitendra Sinha, Dr. Swati Madan	252

5.	17-Jun-2020  (4 p.m. to 5 p.m.)	YOGA Performances - AMITY-MDNIY Yoga students`	Ms. Devika Srivastav	<a href="https://youtu.be/Jw9nIDC2IsI">https://youtu.be/Jw9nIDC2IsI</a>		Session Chair: Dr. S.K. Rajput, Dr. Swati Madan  Panelist: Dr. Shruti Chopra, Dr. Neel Mani, Dr. Vinamra Sharma, Dr. Ritu Chaku, Mr. Anil Arya	225
6.	18-Jun-2020  (9 a.m. to 10 a.m.)	Yoga for Sustainable Goals of UN	Shri Avadhuta H.H. Guru Dileep Kumar Thankappa n	<a href="https://youtu.be/Zde40d7Bdic">https://youtu.be/Zde40d7Bdic</a>		Moderator: Dr. W. Selvamurthy, President, ASTIF  Panelist: Dr. S. Sitaraman, Dr. S.K. Rajput, Ms. Savita Arora, Dr. Swati Madan, Mr. Sachendra Bhadoni	262
7.	18-Jun-2020  (4 p.m. to 5 p.m.)	Sanskrit and Vedic Indology: Hymns and Mantras - impact and understanding"	Dr. Ranvir Singh Department of Sanskrit, Department of Yoga, Central University of Haryana	<a href="https://youtu.be/qCYIUn0qfXI">https://youtu.be/qCYIUn0qfXI</a>		Moderator: Dr. W. Selvamurthy, President, ASTIF  Panelist: Dr. D.S. Rathore, Dr. S.K. Rajput, Dr. Swati Madan, Dr. Shrutikant Pandey, Dr. Swati Gupta, Dr. Harikesh Kalonia	173

8.	19-Jun-2020  (4 p.m. to 5 p.m.)	Vedic Wisdom: Relevance in modern life and COVID-19 Pandemic	Prof. Roop Kishor Shastri, Vice Chancellor, Gurukula Kangri Vishwavidyalaya, Haridwar	<a href="https://youtu.be/SbnvygYp8WU">https://youtu.be/SbnvygYp8WU</a>		Moderator: Dr. W. Selvamurthy, President, ASTIF  Panelist: Dr. B.L. Arya, Dr. S.K. Rajput, Dr. Swati Madan, Dr. Tosendra, Dwivedi, Dr. Neel Mani, Dr. D.N. Ojha	297
9.	20-Jun-2020  (11.30 a.m. to 12.30 p.m.)	Inner Peace Through Yoga Meditation	Swami Smarananda Giri, President, Yogoda Satsanga Society of India	<a href="https://youtu.be/CJltfUtFfis">https://youtu.be/CJltfUtFfis</a>		Moderator: Dr. W. Selvamurthy, President, ASTIF  Panelist: Gp. Capt. Kapil Shukla, Dr. S.K. Rajput, Dr. Swati Madan, Dr. Shikha Saxena, Dr. D.D. Vichitra, Yogacharya Anil Arya	1512
10.	20-Jun-2020  (4 p.m. to 5 p.m.)	Meditation & Yoga - Unification of Mind and Body A scientific Perspective	Mr. Aalok Shrivastava and Ms. Kamna Gaur	<a href="https://youtu.be/915B6-jp_Dk">https://youtu.be/915B6-jp_Dk</a>		Moderator: Dr. S.K. Rajput, Mr. Tejasvi  Session Chair: Dr. Tanveer Naved, Dr. G.T. Kulkarni,  Panelist: Dr. Swati Madan, Dr. Shruti Chopra, Yogacharya Sarvesh Dr. Shah, Yogacharya Anil Arya	162

11.	21-Jun-2020	Yoga at Home and Yoga with family (06.45 a.m. to 10.00 a.m.)	Dr. D.D. Vichitra & Dr. Neha Jain	<a href="https://youtu.be/DtnGJWh35v0">https://youtu.be/DtnGJWh35v0</a>		Moderator: Dr. S.K. Rajput  Yoga Expert: Dr. Neha Jain  Guest Speaker: Dr. D.D. Vichitra	522
12.	21-Jun-2020	Valedictory Function (4 pm. to 5 pm)	Shri Atul Nasa and other Experts from IYSF	<a href="https://youtu.be/G7uKW4zGK0c">https://youtu.be/G7uKW4zGK0c</a>		Speakers:  Dr. W. Selvamurthy, Dr. B.C. Das, Shri Atul Nasa, Dr. Jaideep Arya  Panelists: Dr. S.K. Rajput, Dr. Swati Madan, Dr. Neel Mani, Dr. Shrutti Chopra, Dr. Vinamra Sharma	234

Besides above, in celebration of International Day of Yoga-2020, a mega event i.e. Global Yogasana Championship was also organized by AIISM in which 741 candidates from different institutions/organizations actively participated and performed yogasana as per the following:

### PROCEDURE OF COMPETITION

The competition was conducted in two phases.

#### **PHASE I**

Four groups, A-D, each containing five yoga asanas, have been listed below and the participants were given liberty to choose one group amongst the four groups.

The participants performed all the five asanas listed in the group they opted for. The very first Yoga asana were to be performed for one minute followed by an explanation regarding how it was to be performed, its benefits and contraindications.

After the first asanas, the next four yoga asanas were to be performed, each for 30 seconds. No explanation was required for these asanas.

	Time duration	Details to be provided
First yoga asana	1 minute	Explanation regarding performance intricacies, its benefits and contraindications required
Four Yoga asanas	30 seconds each	No explanation required

## PHASE II

Participants clearing the first phase participated in Phase II where they performed yoga asanas live in front of the yoga experts. Yoga asana to be performed were given on spot.

### Group A

Main Asana: Natarajasana  
 Standing: Utthita  
 Trikonasana  
 Sitting: Janu sirsasana  
 Proline: Dhanurasana  
 Supine: Chakrasana

### Group B

Main Asana: Halasana  
 Standing: Parasarita  
 padottanasana  
 Sitting: Paschimottanasana  
 Proline: Ushtrasana  
 Supine: Supta  
 Padangustasana

### Group C

Main Asana: Sirsasana  
 Standing: Padhastanasana  
 Sitting: Gomukhasana  
 Proline: Bhujangasana  
 Supine: Matsyasana  
 padangustasana

### Group D

Main Asanas: Sarvangasan  
 Standing: Uttkatasana  
 Sitting: Upavistakonasana  
 Proline: Salabhasana  
 Supine: Setubandhasana

# GLIMPSES OF YOGA CHAMPIONSHIP

## Round 1

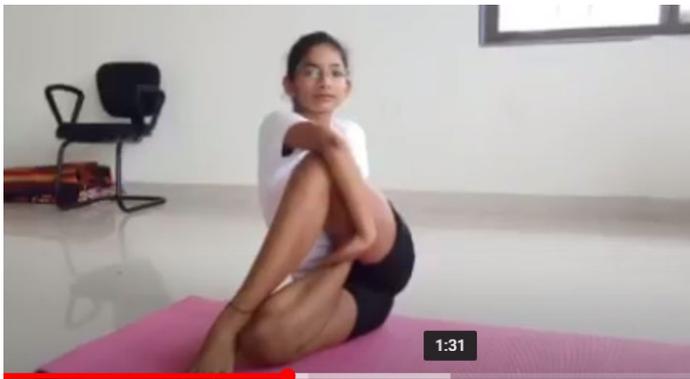




**Round 2**









## Results are as follows:

### **GROUP - 1 (7 to 12 Years)**

<b>Sr. No.</b>	<b>Name of participant</b>	<b>Prize</b>
1.	Adira Biswas	<b>1st</b>
2.	Navyaa S H	<b>2nd</b>
3.	Anmol	<b>3rd</b>
4.	Neha Vinay Koorse	<b>Consolation</b>
5.	Sneha	<b>Consolation</b>
6.	Yashvi Bansal	<b>Consolation</b>
7.	Janvi Saini	<b>Consolation</b>
8.	Vaishnavi Kumari	<b>Consolation</b>

### **GROUP - 2 (13 to 25 Years)**

<b>Sr. No.</b>	<b>Name of participant</b>	<b>Prize</b>
1.	Tanu Saini	<b>1st</b>
2.	Shrisha Avinash Markole	<b>2nd</b>
3.	Aman Kumar	<b>3rd</b>
4.	Ragini Pandey	<b>Consolation</b>
5.	Devanshi Mahajan	<b>Consolation</b>
6.	Aman Dubey	<b>Consolation</b>
7.	D'souza Steven Inas	<b>Consolation</b>

### **GROUP - 3 (26 to 35 Years)**

<b>Sr. No.</b>	<b>Name of participant</b>	<b>Prize</b>
1.	Rishipal	<b>1st</b>
2.	Sachin Powar	<b>2nd</b>
3.	Hemvanta Jijabai	<b>Consolation</b>
4.	Shivani Arora	<b>Consolation</b>
5.	Dr Jyoti Prabha Bishnoi	<b>Consolation</b>

**GROUP - 4 (36 to 50 Years)**

Sr. No.	Name of participant	Prize
1.	Nidhi Gupta	Consolation
2.	Shailendra Singh Rana	Consolation
3.	Risham	Consolation

**GROUP - 5 (Above 50 Years)**

Sr. No.	Name of participant	Prize
1.	Sangeeta Damale	1st
2.	Suresh Talmale	Consolation

**GROUP - 6 'A' (Below 18 Years) - Yoga Professional**

Sr. No.	Name of participant	Prize
1.	Ojaswini Prafulla Soman	1st
2.	Shreya G.	2nd
3.	Ishwar Sharma	Consolation

**GROUP - 6 'B' (Above 18 Years) - Yoga Professional**

Sr. No.	Name of participant	Prize
1.	Nakshatra Shetty	1st
2.	Pawan Paresh Chikhale	2nd
3.	Suraj Kumar	3rd
4.	Praveen Pathak	Consolation

**GROUP – 7 – 'Divyangajana'**

Sr. No.	Name of participant	Prize
1.	Anavi Vijay Zanzarukia	1st
2.	Yash Kumar	2nd
3.	Bharat	Consolation
4.	Sanyam Maurya	Consolation
5.	Zunaid	Consolation
6.	Makhan Singh	Consolation
7.	Suraj Kumar Sharma	Consolation

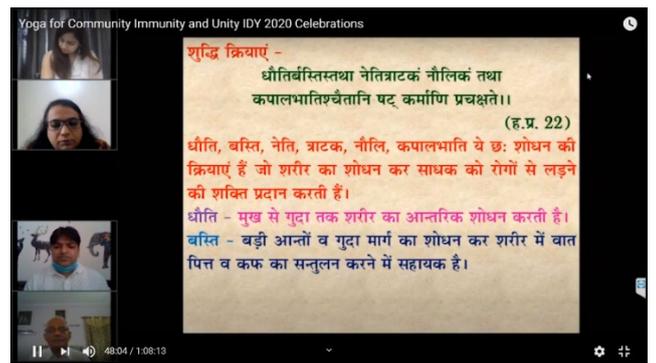
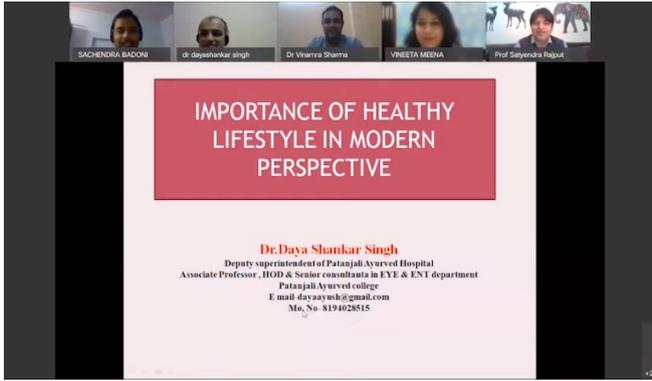
**Details of Prize Distribution is as follows:**

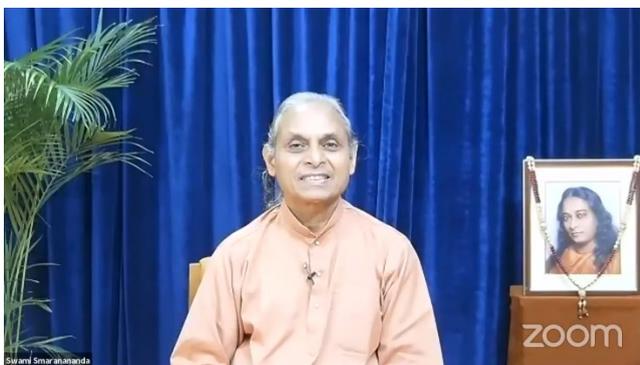
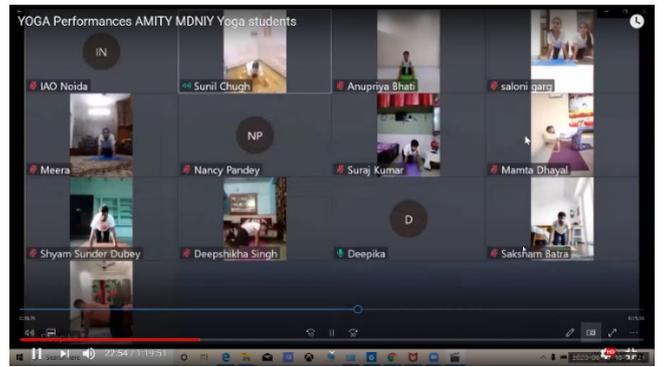
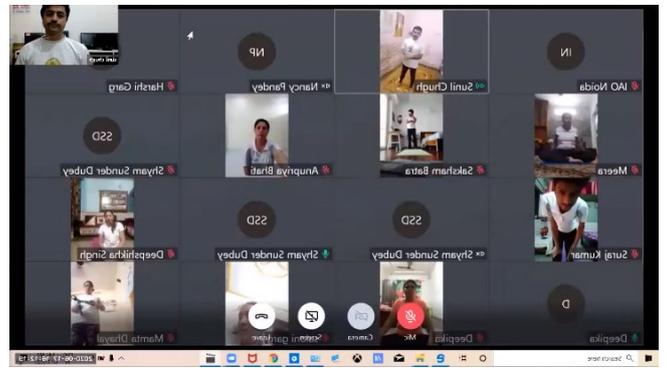
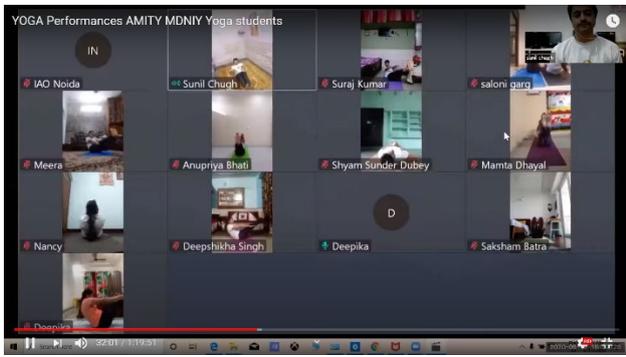
<b>Sr. No.</b>	<b>Position</b>	<b>No. of Participants</b>	<b>Amount of Prize (Rs.)</b>
1	First prize	7	5100/- each
2	Second prize	6	2100/- each
3	Third prize	3	1100/- each
4	Consolation prize	23	500/- each

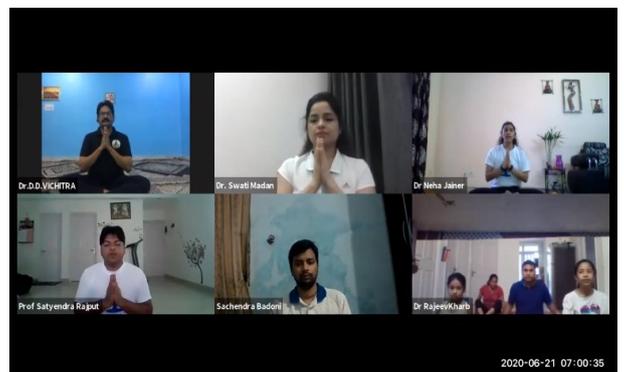
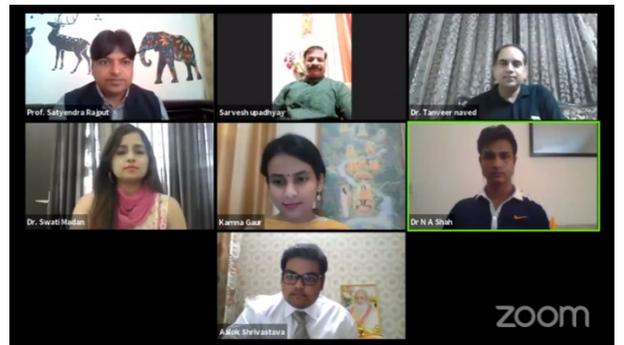
Above Prizes were distributed in the following Groups:

<b>Sr. No.</b>	<b>GROUPS</b>
1	GROUP - 1 (7 to 12 Years)
2	GROUP - 2 (13 to 25 Years)
3	GROUP - 3 (26 to 35 Years)
4	GROUP - 4 (36 to 50 Years)
5	GROUP - 5 (Above 50 Years)
6	GROUP - 6 'A' (Below 18 Years) - Yoga Professional
7	GROUP - 6 'B' (Above 18 Years) - Yoga Professional
8	GROUP - 7 - 'Divyangajana'

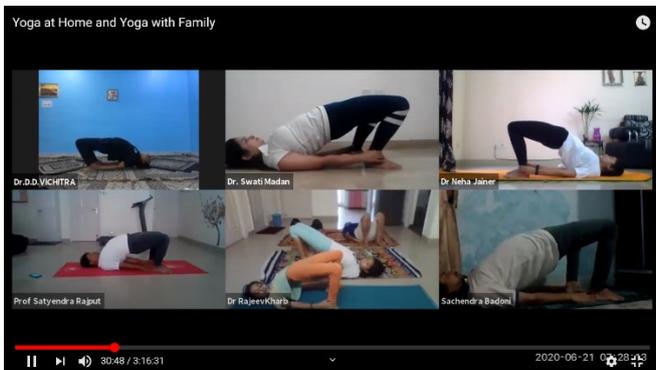
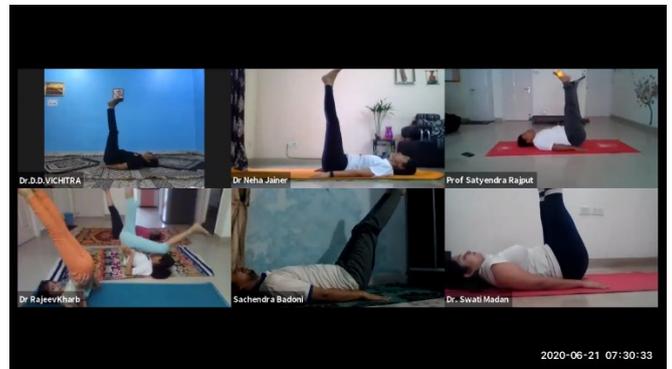
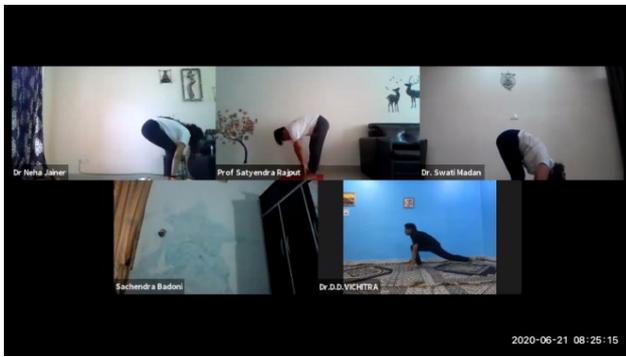
# Glimpses of IDY-2020











It is worth mentioning that in 21<sup>st</sup> June morning yoga session, 374 families participated and total number of people participated was 1235.

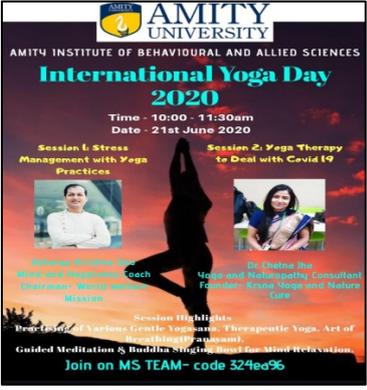
The celebration of 6<sup>th</sup> International Day of Yoga was a grand success. Everyone appreciated the sincere efforts made by Director, AIISM and his team for organizing such wonderful events, enlightening webinars, global yogasana championships and also several yoga sessions.

**AMITY UNIVERSITY UTTAR PRADESH  
AMITY INSTITUTE OF BEHAVIOURAL AND ALLIED SCIENCES**

**REPORT**

*for*

**INTERNATIONAL DAY YOGA- 2020**

<b>Date and Time</b>	<b>Webinar</b>	<b>Speakers Details</b>	<b>Video Url</b>	<b>Poster</b>	<b>Organising Committee</b>	<b>Candidates Participated</b>
21 <sup>st</sup> June 2020 10:00-11:30 am	Stress Management with Yoga Practices and Yoga Therapy to Deal with Covid 19.	Acharya Krishna Deo Dr. Chetna Jha	<a href="https://web.microsoftstream.com/video/6d5a9cc9-1706-4ed2-ae6e-1bb2edc1ea7e">https://web.microsoftstream.com/video/6d5a9cc9-1706-4ed2-ae6e-1bb2edc1ea7e</a>		<b>Session Chair-</b> Dr. Harish Kumar  <b>Panelist</b> – Ms. Heena Dawar and Dr. T.Beena	210

**Objectives:**

- 1) To celebrate the spirit of International Yoga Day.
- 2) To generate awareness about yoga and its benefits.
- 3) To emphasize the importance of yoga in fighting against Covid 19 disease.
- 4) To release stress and relax their mind by practicing of meditation
- 5) To rehearse various yogasana and pranayama.
- 6) To understand benefits of therapeutic yoga.

## **Brief Report:**

International Yoga Day is observed on 21<sup>st</sup> June annually to spread awareness across the world about yoga and its importance in one's life. To mark this occasion, Amity University of Behavioural and Allied Sciences, Amity University, Noida organized a webinar on 21<sup>st</sup> June'2020 on the topics: Stress Management with Yoga Practices and Yoga Therapy to Deal with Covid 19. The guest speakers for the day were Acharya Krishna Deo, Mind and Happiness Coach and the Chairman of World Welfare Mission and Dr. Chetna Jha, Yoga and Naturopathy Consultant.

The first session on Stress Management with Yoga Practices was conducted by Acharya Krishna Deo. In his address, he talked about stress and highlighted the importance of yoga in stress management. Further, he taught us simple remedies that anyone can use to experience the joy of blissful living. He first talked about self-love and self-acceptance and urged the listeners to practice giving love and respect to everyone, all of which would ultimately multiply and come back to them. Acharya ji enriched the audience with his remark "Mastering the breath is mastering the mind" and performed and explained various kinds of deep breathing exercises and laughter remedies which serve as an aid in instantly releasing all negative energy from one's mind and body, making them feel energized and joyful. He also included alkaline diet, fasting and healthy eating habits in his address. Acharya Krishna Deo concluded his session with a peaceful meditation and inspired students to make these practices a part of their daily lives.

The second session on Yoga Therapy to Deal with Covid 19 was conducted by Dr. Chetna Jha wherein she performed and taught many pranayamas which assist in improving the functioning of the respiratory organs and strengthening the immune system. During these difficult times of pandemic when the entire world is struggling to fight Covid 19, yoga has proven to be an excellent tool in ensuring physical as well as mental wellness by keeping the disease at bay. Dr. Chetna very patiently instructed and guided us while we performed pranayamas like kapalbhathi, anulom vilom, Ujjayi pranayama, Rapid Breathing, deep breathing exercises etc. She also informed us about the benefits and the necessary precautions that must be taken while performing these practices. It was an informative session as students gained new knowledge on the benefits and importance of yoga. The event saw enthusiastic participation of all and will surely prove to be of great importance in dealing with the current scenario.

## **Learning Outcomes:**

The students will be able to –

1. Gain new knowledge on the benefits and importance of yogic activities.
2. Learn about the art of breathing and pranayama.
3. Make their life happier and more blissful.
4. Practice various gentle yogasana.
5. Stay motivated and positive.
6. Boost their immunity and stay mentally fit and healthy to fight against Covid19.

**Glimpses:**

**AMITY UNIVERSITY**  
AMITY INSTITUTE OF BEHAVIOURAL AND ALLIED SCIENCES  
**International Yoga Day 2020**  
Time - 10:00 - 11:30am  
Date - 21st June 2020

**Session 1: Stress Management with Yoga Practices**  
**Session 2: Yoga Therapy to Deal with Covid 19**

**Acharya Krishna Deo**  
Mind and Happiness Coach  
Chairman- World Welfare Mission

**Dr Chetna Jha**  
Yoga and Naturopathy Consultant  
Founder- Krsna Yoga and Nature Cure

Session Highlights  
Practising of Various Gentle Yogasana, Therapeutic Yoga, Art of Breathing(Pranayam), Guided Meditation & Buddha Singing Bowl for Mind Relaxation.

**Join on MS TEAM- code 324ea96**

**International Day of Yoga**  
21 June  
**Yoga for Harmony & Peace**

*AIBAS celebrates International Yoga Day, 2020*



*Acharya Krishna Deo practising drills for stress management with yoga practices.*

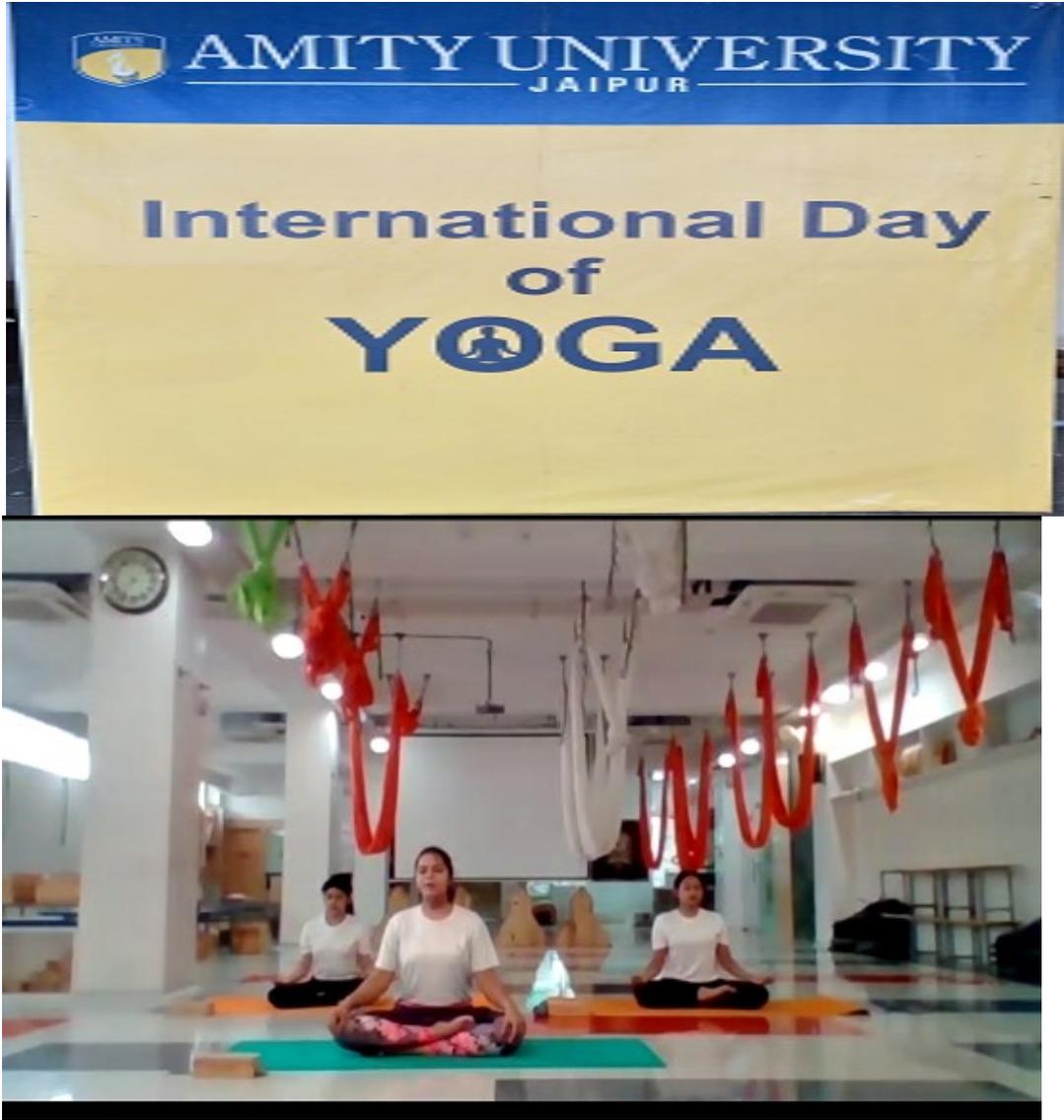


*Dr. Chetna Jha on Yoga Therapy to Deal with Covid 19*

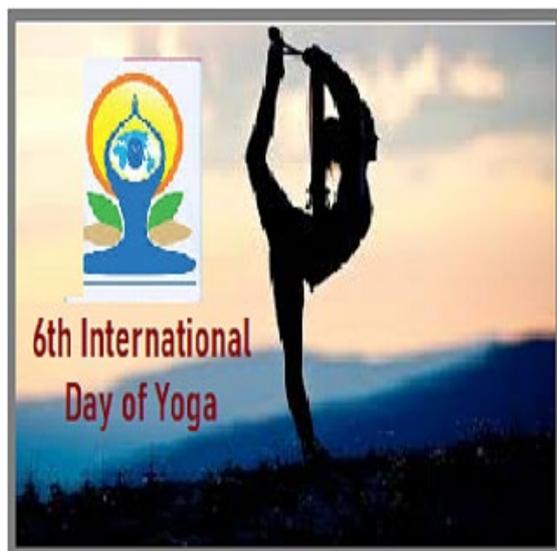
## IDY-2020 REPORT FROM OTHER AMITY UNIVERSITIES

### Amity University, Rajasthan

Name of the Institute:	<b>AMITY UNIVERSITY RAJASTHAN</b> Officer on Special Duty –OSD to the Chancellor, Dean of Student Welfare –DSW, <p style="text-align: center;">Sports Officer- Sports Facilities.</p>
Event Category : Workshop, Seminar, Guest Lecture, Cultural Event etc.	International Day of Yoga- Celebration 2020 (Webinar)
Name of the Event :	International Day of Yoga -Celebration 2020
Venue of the Event:	Amity University Rajasthan (online Zoom platform) <a href="https://us02web.zoom.us/webinar/register/WN_usZoy5QsTvWxmdzmK3PrRw">https://us02web.zoom.us/webinar/register/WN_usZoy5QsTvWxmdzmK3PrRw</a>
Participation	Participation from AUR ✓ Hon’ble Pro Vice Chancellor Sir, ✓ Respected Registrar Sir, ✓ Directors /HOI’s ✓ Teaching and Non-Teaching staff members, ✓ Current Students ✓ Children’s ✓ Participations from Amity Education Groups/ Campus (India)
Details of the Events:	<p><b>What is International Day of Yoga Celebration?</b>                  The <b>International Day of Yoga</b> has been <u>celebrated</u> annually on 21 June since 2015, following its inception in the <u>United Nations General Assembly</u> in 2014.  <u>Yoga is a physical, mental and spiritual practice</u> which originated in <u>India</u>.                  The <u>Indian Prime Minister, Narendra Modi</u>, in his UN address suggested the date of 21 June, as it is the <u>longest day of the year</u> in the <u>Northern Hemisphere</u> and shares a special significance in many parts of the world.</p> <p>What is a webinar?                  The word '<b>webinar</b>' is a blend of 'web' and 'seminar'. A <b>webinar</b> is an event held on the internet which is attended exclusively by an online audience</p> <p><b>What is AUR- IDY Celebration -2020 Webinar?</b>                  This webinar addresses an introduction to Regular Yoga-Combination of Yoga Asanas, Pranayama, and Meditation by providing free live yoga practices and discussion to encourage mass participation on the auspicious <b>6<sup>th</sup> IDY celebration 21<sup>st</sup> June 2020</b>.</p> <p>Organized by Amity University Rajasthan with reference from HQ Amity (Noida):</p> <ol style="list-style-type: none"> <li>1) Nodal officer: Brig. G.S.Rathore, VSM, Retd (OSD),</li> <li>2) Coordinator: Mr. Baling Moyong (Sports Officer),</li> <li>3) Guest Speaker: Yogini Shruti Krishna (Ekam Yoga, Jaipur)</li> <li>4) Moderator: Shri Sanjeev Singh Bhal (DSW),</li> <li>5) Panellists: Prof. Amit Jain (PVC), Dr. Nitin Bharadwaj (Registrar), Dr.G.K.Aseri (Dean Academics),</li> </ol>

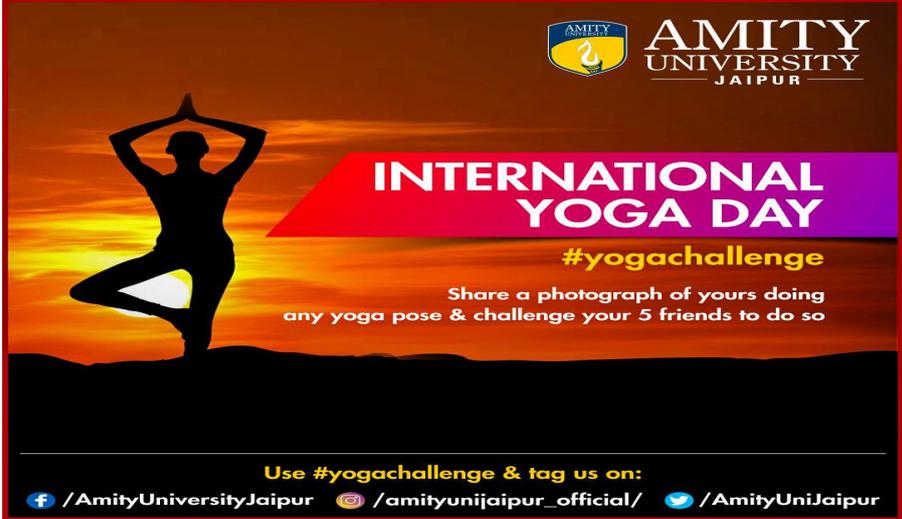
	<p>6) Supporting members: Col. Retd Prahlad Singh (Dir.Security), Gp.Capt. Ajoy Mudaliar (Dir. Administration), Shri. R.K Pachouria (Dir. IT), Shri. Akshay Jain (Dir. Admission) and Mr.Vikas Rawat (Social Media Officer).</p> <p>The <b>AUR- IDY 2020 Celebration</b> was a grand success following the guidelines from MINISTRY of AYUSH and with over <b>500</b> plus registered participants (in both Zoom and face-book platforms).</p>
<p>Date &amp; Time of start and end of the event:</p>	<p>21<sup>st</sup> June 2020  Start - 07:00 AM  End - 08:00 AM</p>
<p>Name of the Coordinator of the Programme</p>	<p>Mr. Baling Moyong(Sports Officer- Sports Facilities)</p>
<p>Further Scope of the event (i.e. Collaboration etc.):</p>	<p>Yoga means the experience of oneness or unity with inner being. This unity comes after dissolving the duality of mind and matter into the supreme reality. These kinds of activities will help us to re-educate one’s mental processes, along with the physical and motivate all the AUR community to participate and engage more actively for the promotion of the campus and nation also with collaboration: EKAM YOGA, Jaipur, Rajasthan and MINISTRY of AYU SH (Govt. Of India).</p>
<p>Images of the Event</p>	

**INTERNATIONAL  
YOGA DAY  
LOGO MEANING**



# Amity University, Jaipur

(Submitted by Mr. Baling Moyong, AUR)

1.	Name of the Institute:	Amity University Jaipur (Marketing and Admission Department)
2.	Event Category : Workshop, Seminar, Guest Lecture, Cultural Event etc.	International Yoga Day Challenge
3.	Name of the Event :	International yoga day challenge (#YogaChallenge)
4.	Venue of the Event:	Social Media Platforms (Facebook, Instagram)
5.	Participation	Participation from <ul style="list-style-type: none"> <li>✓ Respected Pro Vice chancellor Sir,</li> <li>✓ HOI's</li> <li>✓ Teaching and Non-Teaching staff members,</li> <li>✓ Current Students</li> <li>✓ Children's</li> </ul>
6.	Details of the Events:	<p>Yoga is one of the fastest growing movement activities to help maintain health, wellness, and quality of life at any age. To inspire and motivate people to get into the practice, keep going on a new practice, or try new things in an already-established yoga practice.</p> <p><b>What is a #YogaChallenge?</b></p> <p>A yoga challenge is an online trend to invite yoga practitioners/AUR community to photograph or take a video of themselves practicing a yoga pose or short vinyasa sequence.</p>  <p>Through this challenge we have received a good number of response where in the respected Pro vice chancellor Sir himself participated and shared his yoga poses, which also motivated others to participate</p> <p>Apart from this we have also made a video with the help of ASCO studio</p>

		<p>The Theme of the video was <b>5 Basic YOGA POSES FOR BEGINNERS At Home</b> where in Dr jyoti Bishnoi faculty from AIB) explained about some basic yoga poses for the beginner.</p> <p><a href="https://youtu.be/zhzx7LChmnQ">https://youtu.be/zhzx7LChmnQ</a></p> <p>We have also got a participation from the Yoga professional and student of Bsc(H), Biotechnology (batch 2017-20) of <a href="#">#AmityUniversityJaipur</a>, ShreyadaDasare, shows some yoga asanas one needs to know for a better immune system.</p> <p><a href="https://youtu.be/r-nSfy34c74">https://youtu.be/r-nSfy34c74</a></p>
7.	Date & Time of start and end of the event:	21 <sup>st</sup> June 2020
8.	Name of the Coordinator/ Facilitator of the Programme	Mr Vikas Rawat (Social Media Officer)
9.	Further Scope of the event (i.e. Collaboration etc.):	These kind of activities will help us to motivate all the AUR community to participate and engage more actively for the promotion of the campus.

10. Images of the Event



**mr2rawat**  
Amity University, Jaipur, Rajasthan



**amit\_pjain**

5 likes

amit\_pjain #Challengeaccepted... mo



3 likes

**mr2rawat** #challengeaccepted #yogachallenge  
I challenge @jaideepnegi7 @aniket\_kandwal  
@fitnessleek @himanshu07867 @negia1  
@deeeepa.rawat @abhishekkandwal  
@amityunijaipur\_official @myank\_ryaa  
@abhishek\_tripathi16 #amityuniversityjaipur  
#internationallyogaday #yoga #yogaeverydamnday

1 minute ago

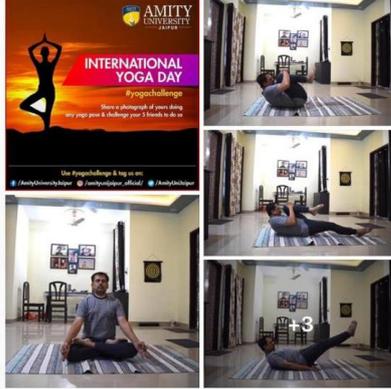
**DrSambaditya Raj**  
7 mins · 🧑

#Challengeaccepted

#InternationalYogaDay is here!

#AmityUniversityJaipur brings to you the #YogaChallenge.

Share a photograph of you performing #y... See more



👍 1

**Ishani Gogoi**  
Just now · 🌐

Gomukh Asana #challengeyourself to ASAP – with Jitendra Singh.



👍 Like    💬 Comment    ➦ Share

← Manoj Kumar



**Manoj Kumar**  
15 mins · 🧑

#morning#yoga#challenge#amityuniversityjaipur



👍 Like    💬 Comment    ➦ Share

👍 Dinesh Sharma and 10 others

**Naresh Tomar**  
Friends ▾

Find happiness within nature n yourself



Add to your post



...  
 ॐ नमो भगवते वासुदेवाय  
 ...नमो भगवते वासुदेवाय



Sanjeeb Pal  
 1 hr · 🌐  
 #Challengeaccepted

#InternationalYog... See more



👍👍👍 You, Amit Jain and 33 others 5 comments

📍 AMITY UNIVERSITY, JAIPUR, RAJASTH...

Tina Kapoor is with Shweta Singh and 4 others.  
 5 hrs · 🌐

#Challengeaccepted  
 #InternationalYogaDay is here!  
 #AmityUniversityJaipur brings to you the #YogaChallenge.  
 Share a photograph of you performing #yoga asanas on your story or DM us on Instagram (amityunijaipur\_official), tag us, use the hashtag #yogachallenge and nominate 5 other friends to do the same.  
 Don't wait, participate Now!



prachipareta  
 Amity University, Jaipur, Rajasthan



👍👍👍

Liked by ruchipunjabii and 3 others

prachipareta #challengeaccepted  
 #internationalyogaday  
 #amityuniversityjaipur



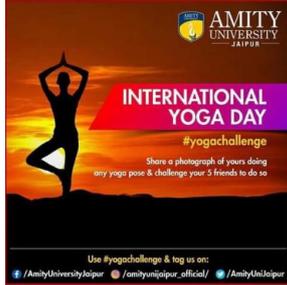


Vinod Tejwani

1 hr · 🌐

#Challengeaccepted  
#InternationalYogaDay is here!  
#AmityUniversityJaipur brings to you the  
#YogaChallenge.

Share a photograph of you performing #yoga aasans on your story or DM us on Instagram(amityunijaipur\_official), tag us,... See more



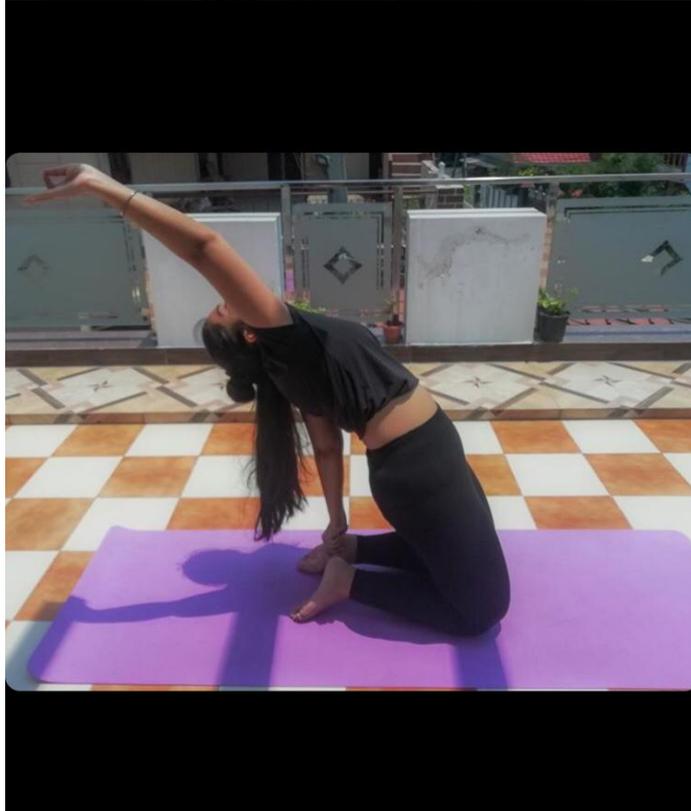
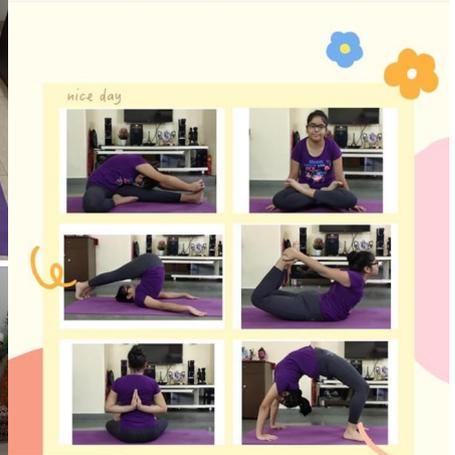
Sanjeeb Pal

7 mins · 🌐

#Challengeaccepted by Priyansa

#InternationalYogaDay is here!

#AmityUniversityJaipur brings to you the  
#YogaChallenge.





📍 AMITY UNIVERSITY, JAIPUR, RAJASTH...





international yoga day

YOGACHALLENGE

Nominated by famouschitransh



#YOGACHALLENGE

#internationalyo

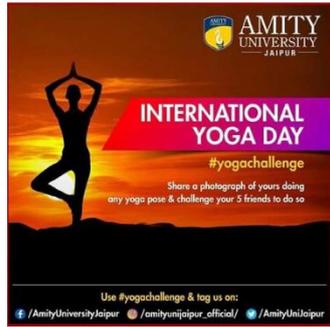


**Praveen Saiwal**

40 mins · 🌐



**#InternationalYogaDay** is here!  
**#AmityUniversityJaipur**  
**#YogaChallenge.**  
**#AUR**



Amit Jain and 36 others

12 comments



**Ishani Gogoi** ▶ Amity School of Architecture and Planning

2 hrs · 🌐



Chakra Asana **#yogachallenge** accepted — with Ankita Saxena.



Like

Comment

Share



📍 AMITY UNIVERSITY, JAIPUR, RAJASTH...



the\_rakesh\_mulchandani



the\_rakesh\_mulchandani #Challengeaccented...



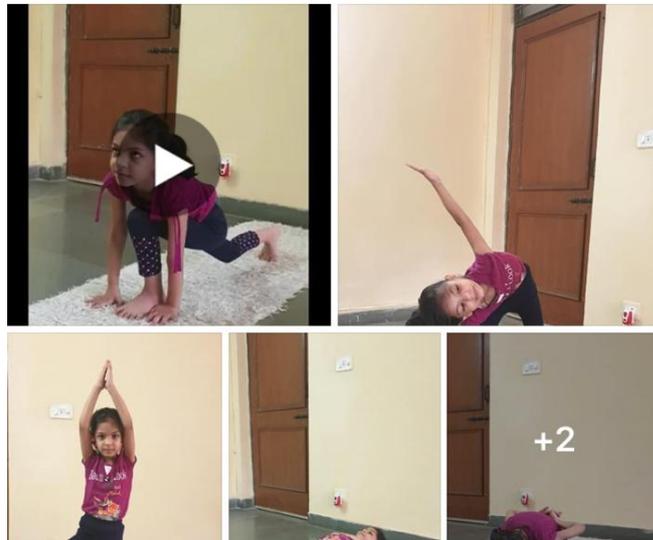
Amit Jain

30 mins · 🌐



#InternationalYogaDay

Thanks to #AmityUniversityJaipur for giving access to regular Online yoga sessions throughout the lockdown. Thanks to Dr. Neha Jain and Amity Yoga Team for expert sessions. Even younger ones of the family have picked up yoga asanas. My da... See more



👍❤️👤 Sanjeeb Pal and 18 others

## **IDY-2020 REPORT FROM OTHER AMITY UNIVERSITIES**

**Amity University, Haryana**

### **International Yoga Day 2020**

*Theme: Yoga at Home and Yoga with Family*

**Sunday, 21<sup>st</sup> June 2020**

Organized by

**DSW Office & Amity Center of Yoga Education, Therapy and Research**

In Collaboration with

**Indian Council of Philosophical Research (ICPR)**

Department of Higher Education and Ministry of Human Resource Development

Government of India

**Venue: Amity University Haryana**

*Yoga is the journey of the self. Through the self. To the self. – Bhagvat Gita*

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from the Sanskrit root 'Yuj', meaning, 'to join' or 'to unite'. It symbolizes the union of body and consciousness. Today, it is practice in various forms around the world and continues to grow in popularity.

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. Since then, International Yoga Day is commemorated every year on 21 June with an aim to raise awareness worldwide of the many benefits of practicing yoga.

This year International Yoga Day celebrated worldwide with the theme "Yoga at Home and Yoga with Family" on digital media platform to avoid any mass gathering due to COVID-19 crisis.

Amity University Haryana celebrated the Sixth International Yoga Day on 21 June, 2020 with great zeal and enthusiasm. The University also received funding from Indian Council of Philosophical Research for commemorating the occasion.

The following events were organized on International Yoga Day:

<b>Time</b>	<b>Activity</b>	<b>Resource Person</b>
6:30 AM– 7:30 AM	<b>Yoga Session</b>	<b>Ms. Nitu Sinha</b> Head, Amity Center of Yoga Education, Therapy and Research, Amity University Gurugram, Haryana
11AM – 12:30 PM	<p>Webinar on "<b>Yoga at Home and Yoga with Family</b>"</p> <p><b>Moderator:</b> Maj. Gen, G S Bal, Dean, Student Welfare Amity University Haryana</p> <p><b>Brief Introduction to ICPR:</b> Dr. Sanjna Vij Amity University Haryana</p> <p><b>Coordinated by:</b> Ms. Nitu Sinha Amity University Haryana</p>	<p><b>Session.1. Shri Kalicharan Sharma</b> Historical perspective and benefits of doing Yoga.</p> <p><b>Session.2. Shri Vireshwar Upadhyayfrom ,</b> The spiritual aspects of yoga. Both speakers are from Shantikunj DEV SANSKRITI UNIVERSITY Haridwar- 249411 Uttarakhand, INDIA.</p> <p><b>Session.3. Professor J K Mehta</b> Removing stress and Meditation through Yoga. Ex-Professor ASCO, Amity University Haryana Manesar - 122413 Haryana</p>

### **Activity 1. Yoga Session (Morning 6:30 to 07:30)**

Approximately 60 participants, including the DSW Team, members of faculty, staff and students of Amity University Haryana performed yoga exercises under the guidance of Ms. Nitu Sinha, Head, Amity Center of Yoga Education, Therapy and Research, AUH. The tree of wisdom and life (banyan tree) in the AUG Campus provided an excellent background. The session started with the word of wisdom by Honorable Vice Chancellor, Amity University Haryana. He briefed the participants about the impact of yoga on health and wellness and the importance of celebrating International Yoga Day.

The session served to create interest and excited the participants into pledging regular participation in future.



### **Activity.2. Webinar on "Yoga at Home and Yoga with Family"**

The webinar conducted with an aim to create an open platform to allow the participants to understand the significance of International Yoga Day and the role of yoga in promoting health and wellness.

A total of 201 faculty, staff and students from Amity University Haryana and various other universities of India have participated in this webinar. (List Attached)

The session started with the brief remarks and welcoming the Resource Persons and prominent guest speakers by Maj. Gen. G S Bal, Dean, Student Welfare, Amity University Haryana. Gen Bal highlighted that the journey of International Yoga was started due to the initiative of our Hon'ble PM in the year 2015. Last year with more than one lakh participants doing yoga in one venue, a new Guines Book of world records was created.

After this, Dr. Sanjna Vij, from Amity University Haryana delivered a thank you note to ICPR and Dr. Sushim Dubey, Program in charge at ICPR for giving AUG this opportunity of commemorating Yoga Day at the Campus . She also highlighted that due to COVID-19, the pandemic has forced everyone to stay indoors and it is important for us to use this time to boost our immunity to fight back this virus with the help of Yoga. Yoga not only gives us physical strength but also endows us with four Cs... They are:

- Calmness,
- Confidence
- Courage
- Compassion

All together, yoga gives us peace of mind which enables us to do several activities in a more efficient and focused manner. She also said *that we should be passionate towards practicing Yoga with 'Mindfulness & Heartfulness' and share our experiences with friends and colleagues..*

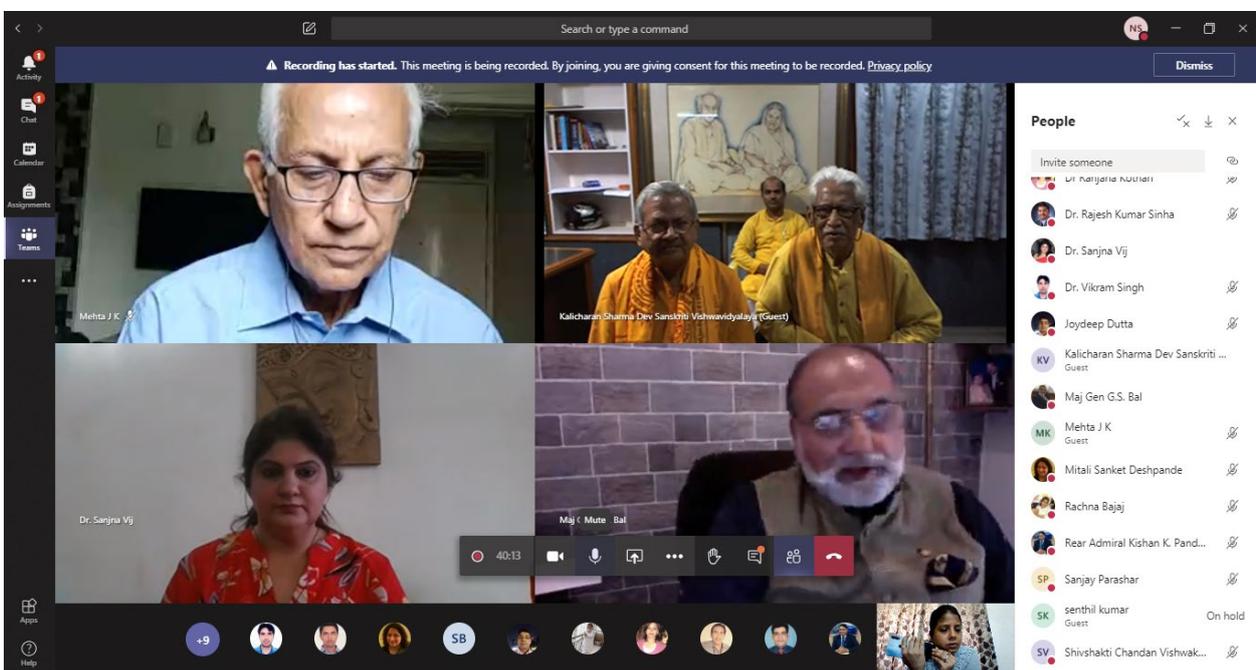
The first session was taken by Shri Kalicharan Sharma, an eminent expert from Shantikunj, Dev Sanskriti University, Haridwar. Shri Kalicharan Sharma Ji has explained and highlighted the significance of celebrating International Yoga Day and the meaning of this year theme “Yoga at Home and Yoga with Family”. His speech was very inspiring and motivating to the participants. He used simple and relevant examples to explain the practice of yoga at home and with family. He stressed on the practice of Pranayama and Meditation at home, to control ones thoughts and improve concentration. He also explained about eight prominent yoga forms ; Yama, Niyamas, Asana, Pranayama, Pratyahara, Dharna, Dhyana and Samadhi and their significance and benefits ,if adopted in daily practice.

Shri Vireshwar Upadhyay, an academician, administrator, writer, editor and eminent expert from Shantikunj, Dev Sanskriti University, Haridwar took the next session. He started his discourse by explaining to the participants why yogic practice is important in one’s life. He explained as to how we give importance to our desires in achieving materialistic objectives instead of achieving self-satisfaction and peace of mind through spiritual accomplishments . He stressed upon promoting yogic practices irrespective of class and society and said ‘wherever we are, we can connect with yoga’.

Dr. Kamtha Prasad Sahu, Assistant Professor, Department of Yoga and Health, Shantikunj, Dev Sanskriti University, Haridwar answered questions asked by the participants on the practice of yoga in reducing stress and anxiety. He stated that there are three sources of stress; emotional, physical and mental, the practice of Asanas and Pranayama can significantly reduce stress in the human mind and give relief to all types of stress.

The last session was taken by Prof. J K Mehta, an Ex-Professor, Amity School of Communication, Amity University Haryana. He stressed upon the need of adopting yogic practices in daily life to keep the immune system strong in fighting Covid-19 and other similar viruses. He stated that the present social, psychological and economic impact of pandemic had resulted in many physical, mental and emotional ailments like; anxiety and depression. It is yoga practices that help improving body-mind integration which further builds up your immunity system that . Prof. Mehta also spoke about the studies conducted by DRDO on our soldiers practicing yoga and meditation on the LAC ,at high altitudes ,in Leh to make up the lack of oxygen and relieve isolation and stress.

Maj. Gen. G S Bal concluded the session by thanking the resource persons and guest speakers for their motivating and inspiring discourses. He thanked the ICPR for their support and for funding the Event. He thanked the coordinators and the numerous participants of the webinar. He stated that while the West was increasingly taking to practicing Yoga , we Indians were loosing sight of this wonderful centuries old heritage passed on to us from generation to generation. He urged the students , faculty and staff to practice yoga for a more healthier and satisfying life.





Webinar Link:

Welcom Address: <https://youtu.be/Vzd5ftQpJwA>

Webinar Progress - First Section: <https://youtu.be/T8u1HsZ5hlc>

Webinar Progress – Final Section: <https://youtu.be/ehx2KoP6xcM>

**Report Prepared and Submitted for approval:**

Ms. Nitu Sinha

Head, Amity Center of Yoga Education, Therapy and Research,

Amity University Haryana, Haryana

# IDY-2020 REPORT FROM OTHER AMITY UNIVERSITIES

## AMITY UNIVERSITY, LUCKNOW

### REPORT ON 6<sup>th</sup> INTERNATIONAL YOG DAY

21<sup>st</sup> June 2020

#### ORGANIZED BY DEPARTMENT OF STUDENT WELFARE, ALC

AUUP, Lucknow Campus organized a week-long online Program to celebrate the 6<sup>th</sup> International Yoga Day. The programs started from **09<sup>th</sup> June 2020**.

1. Online Yog classes were started **from 09<sup>th</sup> June to 21<sup>st</sup> June 2020** in the morning every day from **9:30 am to 10:30 A M** with advice and approval of respected Pro VC Dr S Dhaneshwar. It was organized under the guidance of Prof (Dr) Manju Agrawal, Dean Student Welfare, Amity University Lucknow Campus. The Program schedule is given below:

Date	Program	Time/Duration	Speakers	Link
09.06.2020	Sukshma Vayam , Yoga Assan , Pranayam Session	09:30-10:30 am	Kuldeep Singh, Asst Sports Officer	MS Team
10.06.2020	Sukshma Vayam , Yoga Assan , Pranayam Session	09:30-10:30 am	Kuldeep Singh, Asst Sports Officer	MS Team
11.06.2020	Sukshma Vayam , Yoga Assan , Pranayam Session	09:30-10:30 am	Kuldeep Singh, Asst Sports Officer	MS Team
12.06.2020	Sukshma Vayam , Yoga Assan , Pranayam Session	09:30-10:30 am	Kuldeep Singh, Asst Sports Officer	MS Team
13.06.2020	Sukshma Vayam , Yoga Assan , Pranayam Session	09:30-10:30 am	Kuldeep Singh, Asst Sports Officer	MS Team
14.06.2020	Sukshma Vayam , Yoga Assan , Pranayam Session	09:30-10:30 am	Kuldeep Singh, Asst Sports Officer	MS Team
15.06.2020	Sukshma Vayam , Yoga Assan , Pranayam Session	09:30-10:30 am	Kuldeep Singh, Asst Sports Officer	MS Team
16.06.2020	Yoga Pranayam Session and the day's challenge: Yoga combined with Aerobic	09:30-10:30 am	Kuldeep Singh, Asst Sports Officer	MS Team
17.06.2020	Session on mind body connection followed by (Sukshma Asasn)	09:30-10:30 am	Prof (Dr) Manju Agrawal, DSW and Kuldeep Singh	MS Team
18.06.2020	Yoga for students to enhance their concentration and focus.	09:30-10:30 am	Yoga Acharya Shambhu Kumar	MS Team
19.06.2020	Yoga Pranayam Session and the day's challenge: Yoga combined with Aerobic/ Dance	09:30-10:30 am	Kuldeep Singh, Asst Sports Officer	MS Team

20.06.2020	Yoga Pranayam Session and the day's challenge: yoga asana Surya Namaskar. Yoga combined with Aerobic	09:30-10:30 am	Kuldeep Singh, Asst Sports Officer	MS Team
21.06.2020	Central Program International Yoga Day Session on ( Mindfulness )	11:00-12:30 am	Neha Anand (Guest) central Program with Prof (Dr) Manju Agrawal, DSW	MS Team

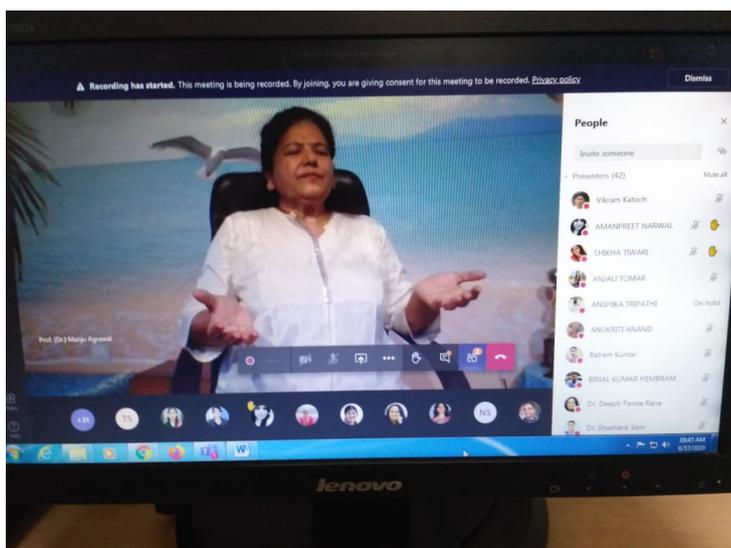
2. 6<sup>th</sup> International Yog Day was celebrated on 21<sup>st</sup> June 2020 from 11:00 am to 12:30 pm online on MS Team with Ms Neha Anand. She took a session on Mindfulness. The session included brief introduction on mindfulness and practice of few important techniques of mindfulness. The techniques were very simple and can be used in daily life to enhance “**Now and Here**” experiences and increase positivity and happiness in one’s life.

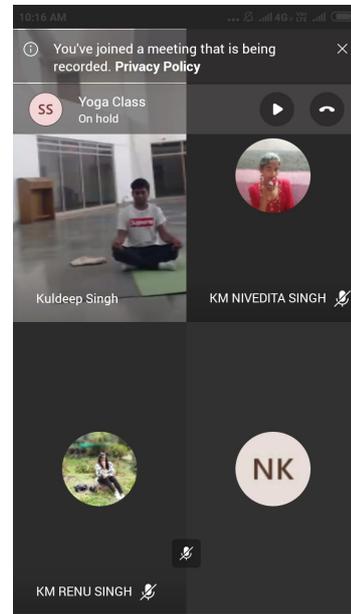
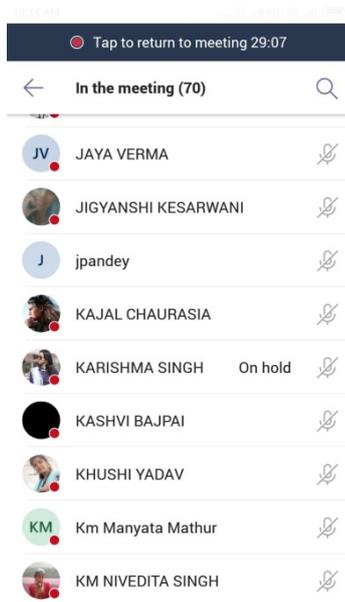
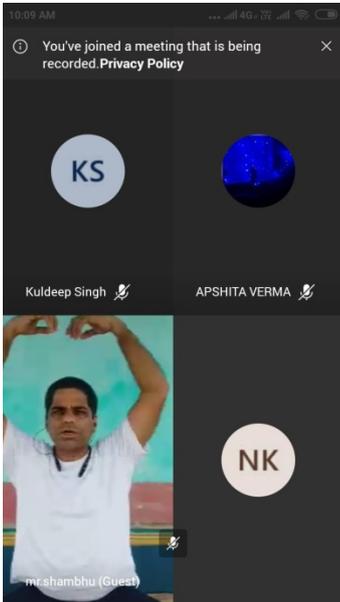
3. The Event was successfully organized by DSW team under the guidance of Prof (Dr) Manju Agrawal, Dean Student Welfare. The Event was coordinated by Mr. Kuldeep Singh, Assistant Sports Officer.

4. More than 100 people, comprising students, HOIs, HODs, Faculty and Staff members participated in various Yog activities every day.

5. The Online Session was appreciated by all the participants and they reported feeling light and happy after the session.

6. They demanded more such sessions.





# **IDY-2020 REPORT FROM OTHER AMITY UNIVERSITIES**

## **AMITY UNIVERSITY, CHHATTISGARH**

### **International Day of Yoga-2020 Celebration**

#### **Report on Events**

Amity Universe in association of Ayush Mantralaya, has made elaborate plans to commemorate the International Day of Yoga-2020 and has scheduled a series of Webinars / Yoga protocols and competitions. Amity University Chhattisgarh has played an active role in promoting these events and motivating all the stakeholders to participate. As a result, many from AUC have participated in the Webinars and Yoga protocol and became benefited.

In line with the, almost, a month long events scheduled by the Amity Universe, Amity University Chhattisgarh too has scheduled week long events culminating on 21<sup>st</sup> June with great fervor. The events included a Web-Series of Lectures, various competitions for the students and a Workshop. Even in the current circumstances due to COVID-19 pandemic, all the events were well coordinated / organized and participated by many from within and outside AUC. The Web-Lecture Series was delivered by experts in the field of Yoga and its allied topics. The Workshop was conducted with two external experts and three members of the faculty of AUC. The events were well attended and the primary feedback was found to be good. All the competitions were well participated by students from across the schools at AUC. All the events (Lecture Series and Workshop) were conducted over the ZOOM platform with support from the Central Amity Team.

The organizing team at AUC, has put up efforts to publicize all the events through every available means and reached to the stakeholders for their participation in the events. There were news coverage on pre and post events in print and digital media. All promotional activities were done through social media, personal contacts and AMIZONE etc.

The competitions, viz. Yoga Competition ; Article Writing and Speech Competitions were participated by students from across the schools at AUC. The entries were assessed at two levels (at respective school level and University level) and adjudged the winners. All the winners would be given with Certificate of Appreciation and all the student participants would be given Certificate of Participation in the form of E-Certificates.

The technical aspects of all the events were well coordinated by the central IT support system. All the events were conducted within the time durations allotted for the web-platform (ZOOM).

A brief report along with relevant enclosures is being submitted herewith, for the kind perusal by the Hon'ble Vice-Chancellor.

#### **1. Coordinators of IDY-2020 Celebrations at AUC**

<b>Sl. No.</b>	<b>Event Name</b>	<b>Coordinator</b>
1	Nodal Point of Contact	Mr. B P Patnaik
2	IDY-2020 – AUC Coordinator	Dr. Prasanna Kumar Sharma

3	Media Coordinator	1. Dr. Suresh Chandra Nayak 2. Md. Amjad Badshah 3. Mr. Sanjay Patel
4	AMIZONE Coordinator	1. Mr. Ankit Mishra
5	Lecture Series on Yoga	1. Dr. Piyush Parkhey 2. Mr. G. Raghavendra Prasad
6	Yoga – Awareness Campaign	1. Dr. Piyush Parkhey 2. Mr. G. Raghavendra Prasad
7	Yoga Competition	1. Dr. B K Singh 2. Md. Bakhtawar Ahmed
8	Yoga – a Boon to the Human kind - Speech Competition	1. Dr. Indrani Singh Rai 2. Dr. Arunima Sur
9	Article Competition	1. Dr. Indrani Singh Rai 2. Dr. Arunima Sur
10	Workshop on Yoga	1. Dr. Piyush Parkhey 2. Mr. G. Raghavendra Prasad

## 2. Details of Events

Sl. No.	Event Name	Description	Date & Time
1	Lecture Series on Yoga	Experts to be invited to deliver on-line discourses on Yoga and its allied subjects. A panel of experts may be formed from proposals submitted by faculty / staff and students. Selected persons would be called-in at a prescribed time. The lectures may be live on-line or in the form of a recorded video which could be played at a given time.	19 <sup>th</sup> June till 20 <sup>th</sup> June @1 lecture /day
2	Yoga – Awareness Campaign	An awareness campaign by one and all, to be launched on-line. It may be in the form of videos / PPTs / write-ups / posters / quotes etc. over social media.	Open
3	Yoga Competition	A competition on Performing Yoga during COVID-19 Lock-down Period to be conducted among the students. A video of self-performance may be shared to judge the best performer. May be some kind of reward, like a Letter of Appreciation, is declared. (Time and file-size bound)	Submission by 15 <sup>th</sup> June Announcement of results by 21 <sup>st</sup> June
4	Yoga – a Boon to the Human kind - Speech Competition	A Speech Competition to be conducted among the students wherein a video containing recorded speech by the participants would be submitted for assessment and reward / appreciation. (Time and file-size bound)	Submission by 15 <sup>th</sup> June Announcement of results by 21 <sup>st</sup> June

5	Article Competition	An article presentation competition to be conducted wherein the participants may share a write-up / presentation on Yoga – An ancient Indian legacy OR Yoga – Its History etc.	Submission by 15 <sup>th</sup> June Announcement of results by 21 <sup>st</sup> June
6	Workshop on Yoga	A virtual workshop to be conducted including demonstration and training on Yoga	21.06.2020

### 3. Event Schedule

#### (i) **Lecture Series and Schedule of Events for IDY-2020 Celebrations at AUC:**

Sr. No.	Date & Time	Name of the Speaker	Brief Profile of the Speaker	Event Moderator	Topic
1	19 <sup>th</sup> June 02:30 PM	Dr. Sanjib Kumar Bhowmik	Ph.D, M.Phil, M.P.E, M.A in Yoga, D.Y.Ed, B.P.E, CCSJ. Tripura University	Dr. S C Nayak	Yoga as a remedy for increasing lifestyle issues in Youth
2	20 <sup>th</sup> June 10:00 AM	Dr. Aditi Satpathi	Physiotherapist; Nutritionist and Dietician from Tulip International, Mumbai. Yoga Trainer.	Dr. Piyush Parkhey	Pranayam – The Breath of Yoga

#### (ii) **Proposed Schedule for Events on 21<sup>st</sup> June 2020 Moderator: Dr. Piyush Parkhey**

Sr. No.	Timings	Event	Topic	Name of the Presenter
1	10:00 AM	Inaugural	Welcome Guests & Introduction	Dr. Piyush Parkhey
2	10:05 AM		Inaugural Speech	Prof. R K Pandey Hon'ble Vice-Chancellor ; Amity University, Chhattisgarh
3	10:15 AM	Intro to Yoga	Yog Kriyas, Asana and Meditation	Mr. K.C. Das Art of Living Faculty since 2015.
4	10:40 AM	Workshop	Yoga at Workplace	Prof. (Dr.) Mansee Bal Bhargava Professor–ASAP, AUC Yog Teachers Training from Gujarat University.
			Yoga Protocol	Ms. Shobha Bakshani Trained Yoga Instructor ; Mamta Pyramid Meditation Centre
			Yoga, Spirituality and Neuroscience	Mr. G Raghavendra Prasad

				Asst. Prof.-ASET, AUC
			Yoga as a key principle for Martial Arts	Mr. Ankit Mishra Asst. Prof.-ASET, AUC
5	12:25 AM	Closing Session	Vote of Thanks	Dr. Prasanna Kumar Sharma

#### **4. Web-Lecture on 19<sup>th</sup> June, 2020**

In the run up to the observance of International day of Yoga, Amity University Chhattisgarh (AUC) has successfully organized a lecture on 19<sup>th</sup> of June with the title “Yoga as a remedy for increasing lifestyle issues in Youth” being delivered by Dr. Sanjib Kumar Bhowmik, Assistant Professor in Yoga from Tripura Central University. The Webinar was being moderated by Prof.(Dr.) Suresh Chandra Nayak, HoI of Amity School of Communication, AUC.

In the one hour talk, Dr. Bhoumik accentuated upon the most burning issue of the time i.e, the growing number of suicides in youth by succumbing to the life style pressures. At the outset, he mentioned the latest case of Bollywood star Susant Singh Rajput who had committed suicide which hugged media limelight. He argued that Yoga as a potential tool for youth to deal with stress and regulate themselves. Yoga provides training of mind and body to bring emotional balance. He appealed that children and young people need such tools to listen inward to their bodies, feelings, and ideas. Yoga and Meditation will assist them in developing in sound ways, to strengthen themselves, and be contributing social beings.

After the talk, there was a question and answer session which could bring in various queries and thoughts from the participants. In the end the moderator of the event Professor Nayak has given the vote of thanks. Many Students, faculty members, staff members from across Amity and outside Amity have registered and participated in the above event.

**Registered: 171**

**Attended: 102**

#### **5. Web-Lecture on 20<sup>th</sup> June, 2020**

In the second of lecture series of International Day of Yoga at Amity University Chhattisgarh (AUC), an interesting power packed interactive lecture titled “Pranayam: The Breath of Yoga” by Dr. Aditi Satpathi, an international yoga trainer and nutritionist and dietitian from Tulip International, Mumbai. The moderator for the Webinar was Dr. Piyush Parkhey, Assistant Professor, AIB, AUC. In her PPT based presentation coupled with actions and postures of Asanas and Pranayam, she convincingly tried and conveyed the nuances of Pranayams.

Dr. Aditi focused on the importance of Pranayam in the development of intellect and bringing in the peace. And she tried to dispel the various myths related to practice of Pranayam, for example being the popular difference between Bhastrika, Kapalbhathi and Bhramari. Another query she responded during Q&A was regarding the timings of Pranayams and whether the patients and small children can practice. In the end Dr. Piyush has presented the vote of thanks. In the webinar, about 80 student, faculty, officials and staff across Amity have participated.

**Registered: 146**

**Attended: 104**

## **6. Workshop on 21<sup>st</sup> June, 2020**

Week long virtual yoga activities at Amity University Chhattisgarh has been concluded on 21<sup>st</sup> June, 2020 by observance of International Yoga Day with series of lectures by eminent yoga practitioners and academicians from around the country. Today, in the concluding day, speaking in the inaugural speech Prof. R K Pandey, Hon'ble Vice-Chancellor , Amity University, Chhattisgarh stressed upon the role of yoga that can keep the mind healthy and free from negativity, thereby helping the body to be fine. He further said that the mind is the vehicle for communication, and if one practice yoga then one should become confident of a healthy mind as yoga enhances and regulates as well the energy levels and forms a composed mind and body.

The Vice Chancellor's inaugural speech was followed by a series of lectures which included both lectures and demonstrations of Pranayams and Asanas. On "Yog Kriyas, Asana and Meditation", Mr. K.C. Das, Faculty of Art of Living discussed and demonstrated some Asanas and described their importance to life. Prof. (Dr.) Mansee Bal Bhargava, Professor, ASAP, AUC and a Yoga Teacher Trained from Gujarat University has spoken on "Yoga at Workplace" and stressed on the fact of living naturalistic lifestyle without being used to the technology supported material life. While Ms. Shobha Bakshani, a trained yoga Instructor, from Mamta Pyramid Meditation Centre, trained at Patanjali Yog Peeth, presented the Yoga Protocol for all. A highly informative presentation on "Yoga, Spirituality and Neuroscience" was given by Mr. G Raghavendra Prasad, Asst. Prof., ASET, AUC. Mr. Ankit Mishra, Asst. Prof. ASET, AUC has given a well-researched count on the topic "Yoga as a key principle for Martial Arts". The Program Coordinator, Dr. Prasanna Kumar Sharma has given the vote of thanks. The event was participated by more than 170 participants from within and outside the Amity.

**Registered: NA**

**Attended: 171**

# AMITY UNIVERSITY CHHATTISGARH

## International Day of Yoga-2020 Celebration

### Some Snaps from the Events



# International Day of Yoga – 2020 Celebration

## Creatives





**CELEBRATING**  
INTERNATIONAL DAY OF YOGA- 21<sup>st</sup> JUNE 2020

Lecture Series on Yoga	Yoga Awareness Campaign Open
Yoga Competition Submission by 15th June	Speech Competition Submission by 15th June
Article Writing Competition Submission by 15th June	Workshop on Yoga 21st June

Announcement of results by 21st June





Prof. R K Pandey  
Hon'ble Vice-Chancellor ;  
Amity University, Chhattisgarh  
Keynote Speaker

**CELEBRATING**  
INTERNATIONAL DAY OF YOGA 21<sup>st</sup> June 2020

Mr. K.C. Das  
Retd. Bank Officer  
Art of Living Faculty

Mr. G Raghavendra Prasad  
Asst. Prof.-ASET, AUC  
Yoga, Spirituality  
and Neurosciences

Prof. (Dr.) Mansee Bal Bhargava  
Professor,ASAP, AUC  
Trained Yoga Teacher

Mr. Ankit Mishra  
Asst. Prof.-ASET, AUC  
World record on most bare knuckle punches  
on concrete wall in 1 min.  
Mix martial art,  
Kalaripayattu, Boxing

Ms. Shabha Bakshani  
Trained Yoga Instructor ;  
Mama Pyramid  
Meditation Centre

**Yoga Workshop**  
21<sup>st</sup> JUNE 2020  
10:00 AM - 12:30 PM






**CELEBRATING**  
INTERNATIONAL DAY OF YOGA

Speaker :  
**Dr.Sanjib Bhoumik**  
Phd,M.Phil,M.PE.,M.A.in Yoga,  
D. Y.ED.,B.PE. CCSJ.  
Tripura Central University

**Yoga**  
as a remedy for  
increasing  
life style issues in  
youth

Please register at: <https://tinyurl.com/ya6ymhlhj>

19<sup>th</sup> JUNE 2020  
2:30 PM 3:30 PM






**CELEBRATING**  
INTERNATIONAL DAY OF YOGA

Speaker :  
**Dr. Aditi Satpathi**  
BPT From Manipal University,  
MPT from Jamia Hamdard,  
New Delhi, Yoga trainer,  
Nutritionist and Dietitian  
from tulip International, Mumbai

**Pranayam**  
The Breath of  
Yoga

Please register at: <https://tinyurl.com/yajm55v4>

20<sup>th</sup> JUNE 2020  
10:00 AM




CELEBRATING  
INTERNATIONAL DAY OF YOGA

Speaker :  
Mr. K.C. Das  
Retd. Bank Officer,  
Art of Living Faculty

# Mediation and Pranayam

21<sup>st</sup> JUNE 2020




CELEBRATING  
INTERNATIONAL DAY OF YOGA

Speaker :  
Ms. Shobha Bakshani  
Trained Yoga Instructor ;  
Mamta Pyramid Meditation Centre

# Yoga Protocol

21<sup>st</sup> JUNE 2020




CELEBRATING  
INTERNATIONAL DAY OF YOGA

Speaker :  
Prof. (Dr.) Mansee  
Bal Bhargava  
Professor,ASAP, AUC  
Trained Yoga Teacher

# Yoga at Workplace

21<sup>st</sup> JUNE 2020




CELEBRATING  
INTERNATIONAL DAY OF YOGA

Speaker :  
Mr. G Raghavendra Prasad  
Asst. Prof.-ASET, AUC  
Yoga, Spirituality and Neuroscience

# Yoga Spirituality and Neuroscience

21<sup>st</sup> JUNE 2020




CELEBRATING  
INTERNATIONAL DAY OF YOGA

Speaker :  
Mr. Ankit Mishra  
Asst. Prof.-ASET, AUC  
World record on most bare knuckle  
punches on concrete wall in 1 min.  
Mix martial art, Kalaripayattu, Boxing

# Yoga as a key principle for Martial Arts

21<sup>st</sup> JUNE 2020





# IDY-2020 REPORT FROM OTHER AMITY UNIVERSITIES

## AMITY UNIVERSITY, KOLKATA

AUK had organised following five activities on International Yoga Day 2020.

- (i) Debate Competition- By **Debate Club** on 12/06/2020
- (ii) Quiz Competition - By **Debate Club** on 16/06/2020
- (iii) Webinar- By **Dr. S.N.Roy** titled **Being Yogi, The New Cool Part-I** on 17/06/2020
- (iv) Interactive Seminar- By **Mr. Avinash Tiku** titled **Stress Management and Mind Matters** on 21/06/2020
- (v) Webinar- By **Dr. S.N.Roy** titled **Being Yogi, The New Cool Part-II** on 21/06/2020

**Details are as follows:**

<b>SCHOOL/CLUB</b>	<b>Debate Club, Amity University KOLKATA</b>
<b>DATE OF EVENT</b>	<b>12/06/2020</b>
<b>DEPARTMENT</b>	
<b>SUMMARY OF THE EVENT (200 – 500 words):</b>	<p style="text-align: center;"><b>International Day of Yoga</b></p> <p style="text-align: center;">1<sup>st</sup> Turn Coat Debate</p> <p style="text-align: center;">on</p> <p style="text-align: center;"><b>Every Institution Should Start Online Yoga Sessions for Improving Mental Health Among its Members</b></p> <p>Amity University Kolkata has lined up a chain of events in view of the forthcoming International Day of Yoga. Taking into consideration the current lockdown situation, all events are planned online. Debate Club was blessed to have organized the first event, “TURNCOAT DEBATE” on the 12<sup>th</sup> of June 2020 from 11.00am onwards through the medium of MS teams.</p> <p>The most important and special element of the debate competition was the feature <i>turncoat</i> which meant that every participant would have to speak on both for and against the motion which was “<i>This house believes that every institution should start online yoga sessions for improving mental health among its members</i>”</p> <p>The honorable judges for this productive event were Prof. Suranjan Lahiri and Prof. Dr. Akash Kumar Mahato who didn't</p>

leave a moment to encourage and appreciate the participants. Students from various departments of Amity University Kolkata showed immense enthusiasm in taking part and cooperating with the organizing committee. HOIs & Faculty members from respective Schools/Institutions also joined to motivate the participants.

The session began with Debate club guide Prof. Sonia Gupta taking the blessings of our revered Hon'ble Founder President, Hon'ble Chancellor, Sr. Vice President, Vice President, Pro-Vice Chancellor, Dy. Registrar and other dignitaries of our esteemed university. The rules of the event was duly explained by Dr. Amrita Dey as moderator of the event.

Every participant firmly put forward their points aptly with conviction in the context of the pandemic with an emphasis on physical and mental well being of the people. Some of the participants also stressed on the role of instructor for effectively practicing yoga.

The debate ended with comments and opinions shared by the participants and other students who attended today's session.

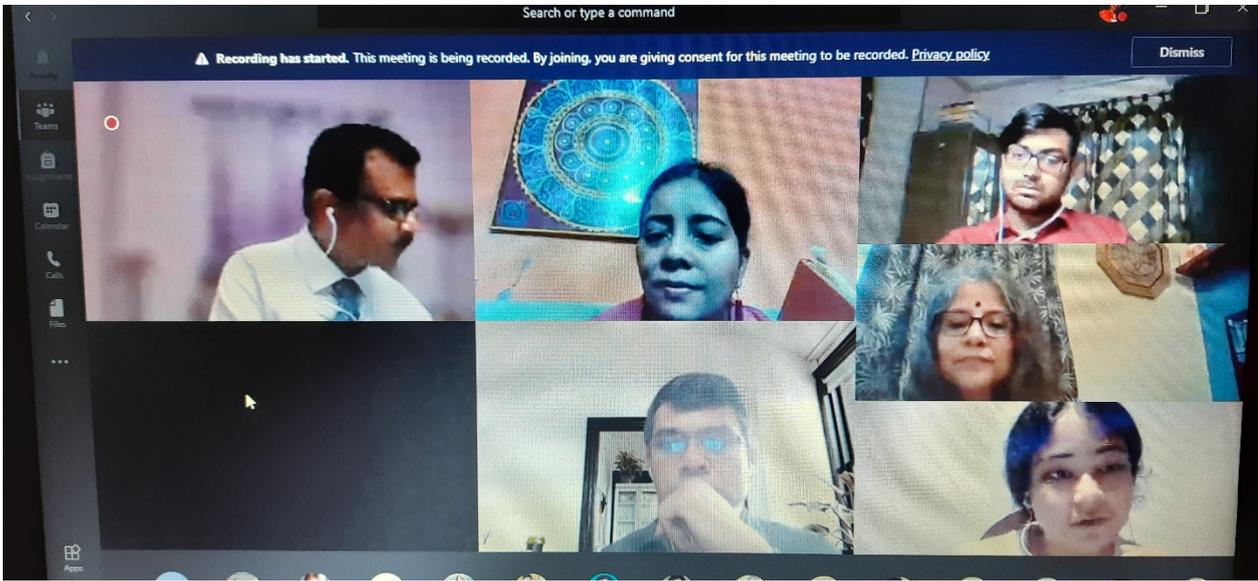
Finally the winners were announced by the esteemed judges with the Best Turncoat awarded to Aishee Ghosh, the Best Speaker Against to Ria Dey and Best Speaker For to Agnihotri Banerjee.

The event was concluded with vote of thanks given by Prof. Rukmini Bhattacharjee.

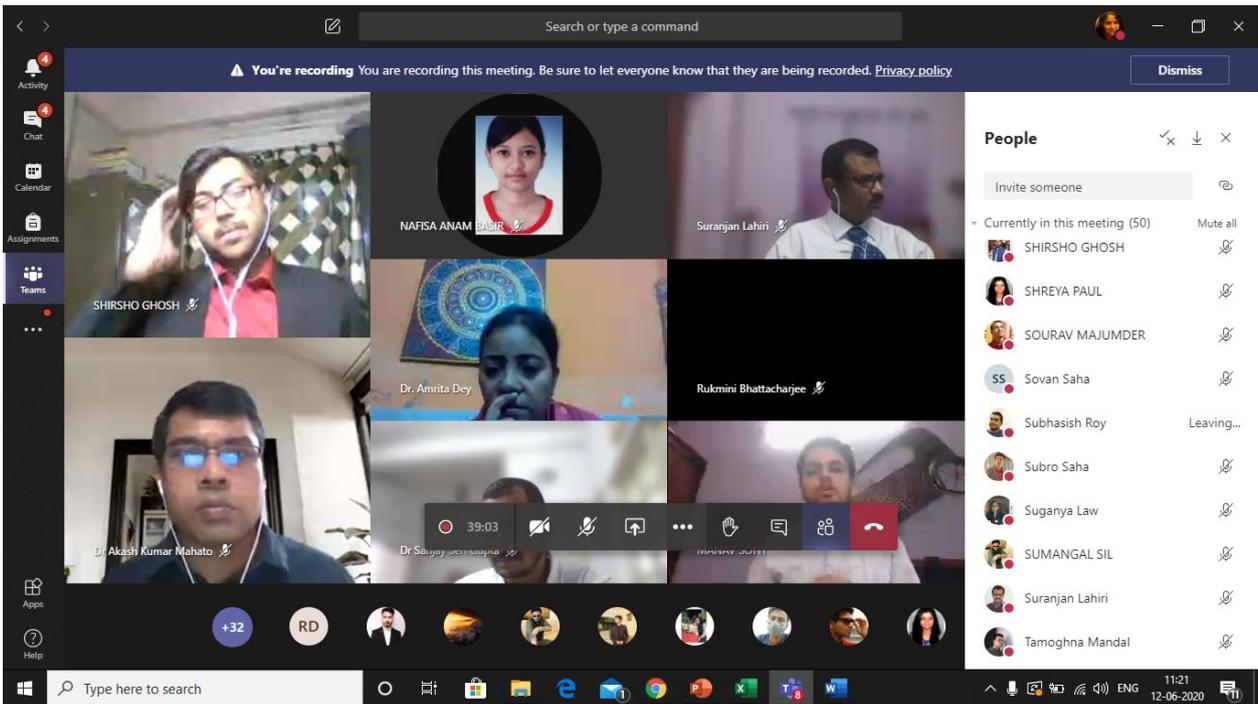
In total the event turned out to be a great success, one of its kind and very apt for celebration of International Yoga Day 2020 by Amity University, Kolkata.

**GLIMPSES: (3-4 PICTURES WITH PROPER TAG LINE)**

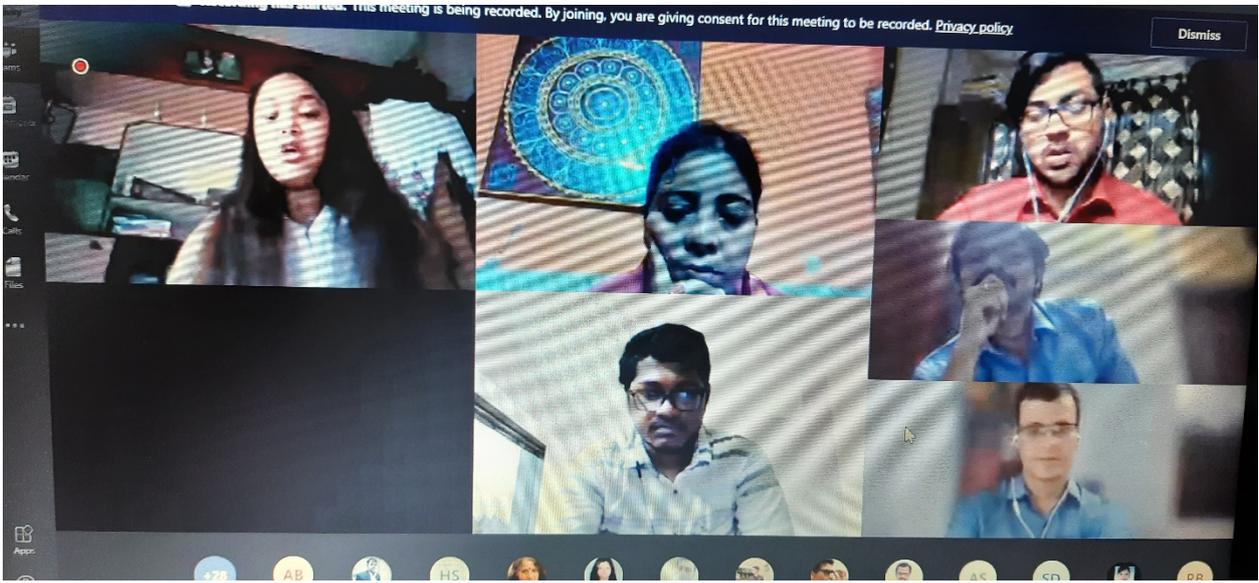
**(attached)**



Participant and winner Agnihotri Banerjee with judges, moderator, Guide and Captain of Debate Club



Participants with judges, moderator and attendees of the event



Participant and winner Ria Dey with HoIs and faculty members looking on

<b>SCHOOL/CLUB</b>	<b>Amity University, Kolkata</b>
<b>DATE OF EVENT</b>	<b>21/06/2020 at 04:00-05:00 PM</b>
<b>DEPARTMENT</b>	
<b>SUMMARY OF THE EVENT (200 – 500 words):</b>	<p style="text-align: center;"><b><u>INTERNATIONAL YOGA DAY 2020</u></b></p> <p style="text-align: center;"><b><u>Webinar by</u></b></p> <p style="text-align: center;"><b>Speaker: Dr Sudepta Narayan Roy</b></p> <p><b>Topic:</b> Being Yogi the new cool-part II</p> <p>On the grand occasion of International Yoga Day, officially celebrated on 21<sup>st</sup> June, Amity University Kolkata is celebrating with a series of online events. The IDY team was given the onus of arranging a Webinar on the 21<sup>st</sup> of June 2020 from 04:00 to 5:00 PM through the medium of Zoom</p> <p>The day started traditionally with seeking the blessings of our revered Hon’ble Founder President, Hon’ble Chancellor, Sr. Vice President, Vice President, Pro-Vice Chancellor and other dignitaries of our esteemed university.</p> <p>Dr. Pankaj Kumar was the moderator for the event.</p> <p>The brief introduction of <b>Dr Sudepta Narayan Roy</b> was given by Dr. Pankaj Kumar . Dr Roy. started his presentation with the basic Philosophy of yoga with Being Yogi the new cool .</p> <p>He described about gyan, bhakti, karma and rajyoga in detail by the theory of Swami Vivakananda., and Maharshi Patanjali.</p> <p>Dr Roy explained about purpose of human life as path of knowledge, path of devotion, Path of action.</p> <p>He described that everyone should try for <b>MOKSHA</b></p> <p>After his presentation, responded on some questions.</p> <p>Vote of Thanks given by Prof. Pradip Ganguli</p>
<b>GLIMPSES: (3-4 PICTURES WITH PROPER TAG LINE)</b>	<b>(attached)</b>

Zoom Meeting | You are viewing Dr Sudipta Narayan Roy's screen | View Options

Ramakant Bhar... | Amity University | Dr Madhurima... | Tinni Chaudhuri | madhusree dait...

# SWAMI VIVEKANANDA'S FOUR YOGAS

GYAN YOGA  
PATH OF KNOWLEDGE

BHAKTI YOGA  
PATH OF DEVOTION

KARMA YOGA  
PATH OF ACTION

RAJA YOGA  
PATH OF PSYCHIC CONTROL

Unmute | Start Video | Participants (45) | Chat | Share Screen | Record | Reactions | Leave

16:06 | 21-06-2020 | ENG

## Purpose Of Human Life

Path of Knowledge

Path of Devotion

Path of Action

Path of Psychic Control

### Self Realisation

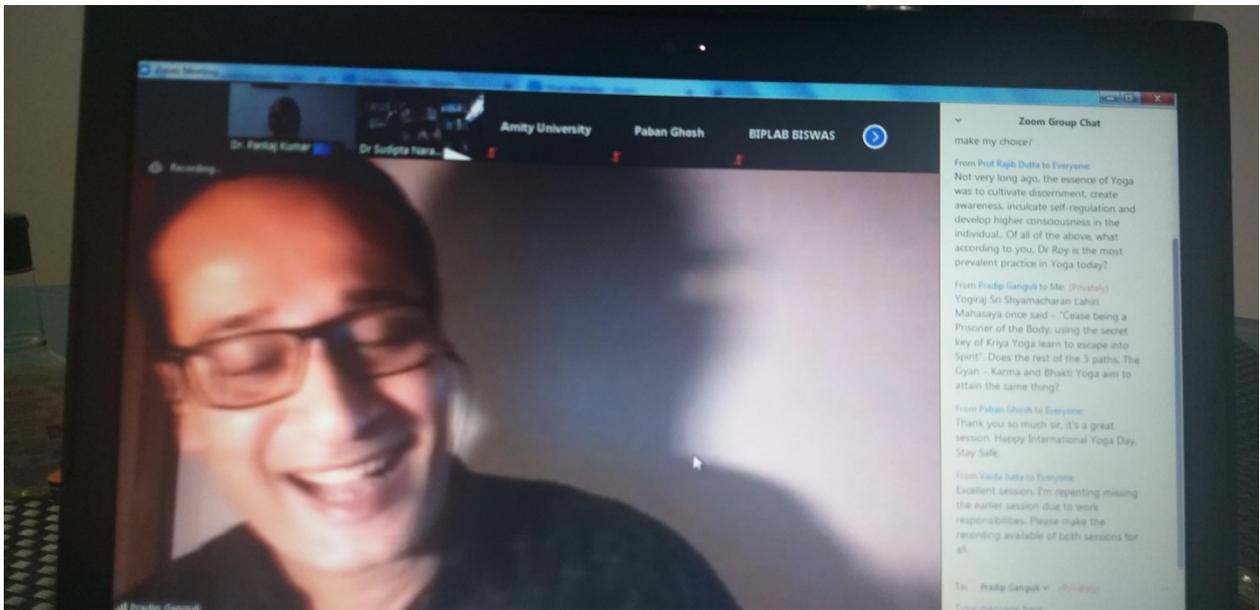
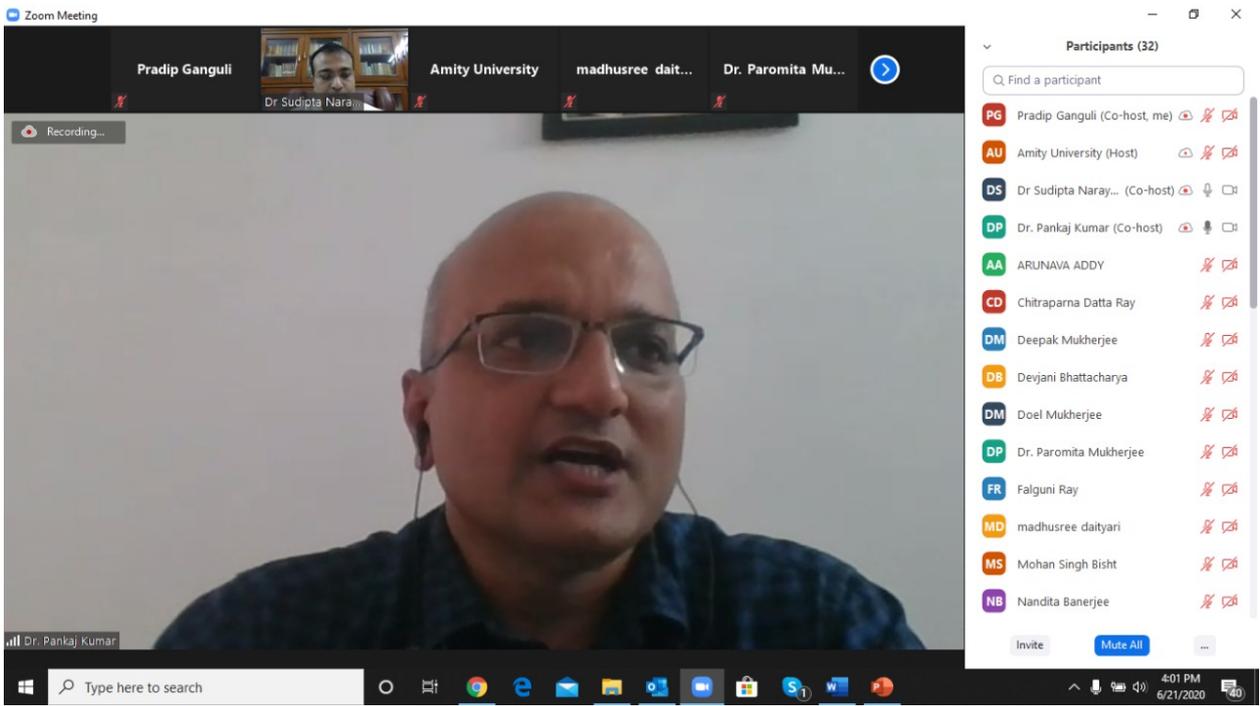
Ramakant Bhar... | Dr Sudipta Narayan Roy | Amity University | Dr Madhurima...

# **THE ANATOMICAL ( PHYSICAL ) BODY** **[ANNAMAYA KOSHA]**

- ALL ASPECTS OF THE PHYSICAL BODY MUST BE NOURISHED, TAKING INTO ACCOUNT INDIVIDUAL NEEDS AND LIMITATIONS AS WELL AS THE STAGES OF LIFE. A HEALTHY BODY SHOULD BE FREE FROM AILMENTS . HEALTHY PHYSICAL CONDITION MANIFESTS IN
- · NO ACHES AND PAINS
- · FEELING OF LIGHTNESS
- · ABILITY TO WITHSTAND CHANGE
- · SENSE OF STABILITY AND EASE

**MAIN TOOLS: MEDICATIONS, DIET & NUTRITION, EXERCISE & LIFESTYLE MODIFICATIONS.**





<b>SCHOOL/CLUB</b>	<b>Amity University, Kolkata</b>
<b>DATE OF EVENT</b>	<b>17/06/2020</b>
<b>DEPARTMENT</b>	
<b>SUMMARY OF THE EVENT (200 – 500 words):</b>	<p style="text-align: center;"><b><u>INTERNATIONAL YOGA DAY 2020</u></b></p> <p style="text-align: center;"><b><u>Webinar by</u></b></p> <p style="text-align: center;"><b>Speaker: Dr. Sudipta Narayan Roy,</b></p> <p>Holistic Homoeopath, Wellness Advisor Consultant,  Medical Researcher , Chairman- Ayush Council to the  Economic Development Forum, New Delhi  M.D and CEO-Powell group of Companies  <b>Topic: Being Yogi- The New Cool</b></p> <p>On the grand occasion of International Yoga Day, officially celebrated on 21<sup>st</sup> June, Amity University Kolkata is celebrating with a series of online events. The IDY team was given the onus of arranging a Webinar on the 17<sup>th</sup> of June 2020 from 10:00 to 11:00 AM through the medium of Zoom.</p> <p>The day started traditionally with seeking the blessings of our revered Hon’ble Founder President, Hon’ble Chancellor, Sr. Vice President, Vice President, Pro-Vice Chancellor and other dignitaries of our esteemed university.</p> <p>Dr. Pankaj Kumar was the moderator for the event.</p> <p>After the Welcome address was given by Respected Pro Vice Chancellor Dr. Ankita Chakravarty Madam, Dr. Roy started his presentation with the basic Philosophies of Yoga and emphasized on importance of Yoga, how to increase the working capacity. He also discussed about Yama and Niyama in detail towards the realization of Yoga. He also elaborated about Asana and Dharma. Dr. Roy also discussed about Patanjali in detail.</p> <p>After his presentation, responded on some questions.</p> <p>Vote of Thanks given by Prof. Pradip Ganguli</p> <p><b>Attendees:</b> Amity University Faculty and Students</p> <p><b>Members from Bill Gates Foundation, Board of Spice Jet, IIM, Lawyers of Supreme Courts, Students and faculties from Calcutta University etc.</b></p>
<b>GLIMPSES: (3-4 PICTURES WITH PROPER TAG LINE)</b>	<b>(attached)</b>



# PATANJAL

**PATANJAL**

- ASTANGA YOGA
- KRIYA YOGA

- YAMA
- NIYAMA
- ASANA
- PRANAYAM
- PRATHYAHAR
- DHARANA
- DHYAN
- SAMADHI

Pradip Ganguli

Dr. Sudipta Narayan Roy

Dr. Pankaj Kumar

Dr. Ankita Chakr...

# BEING YOGI THE NEW COOL



SPEAKER:

## DR. SUDIPTA NARAYAN ROY

HOLISTIC HOMOEOPATH, WELLNESS ADVISOR, MEDICAL RESEARCHER  
MD - POWELL GROUP OF COMPANIES,  
ADVISOR - ECONOMIC DEVELOPMENT FORUM, NEW DELHI

### INTERNATIONAL YOGA DAY CELEBRATION



ORGANIZED BY:  
AMITY UNIVERSITY KOLKATA

**17<sup>th</sup> JUNE 2020**  
10:00 AM TO 11:00 AM

**GUEST  
LECTURE**

<b>SCHOOL/CLUB</b>	<b>Debate Club, Amity University KOLKATA</b>
<b>DATE OF EVENT</b>	<b>16/06/2020</b>
<b>DEPARTMENT</b>	
<b>SUMMARY OF THE EVENT (200 – 500 words):</b>	<p style="text-align: center;"><b><u>INTERNATIONAL YOGA DAY 2020</u></b></p> <p style="text-align: center;"><b><u>FIRST ONLINE YOGA QUIZ COMPETITION</u></b></p> <p>On the grand occasion of International Yoga Day, officially celebrated on 21<sup>st</sup> June, Amity University Kolkata is celebrating with a series of online events. The Debate Club was given the onus of arranging a Quiz Competition on the 16<sup>th</sup> of June 2020 from 11.00am onwards through the medium of MS teams.</p> <p>The day started traditionally with the Captain of the club, seeking the blessings of our revered Hon’ble Founder President, Hon’ble Chancellor, Sr. Vice President, Vice President, Pro-Vice Chancellor, Dy. Registrar and other dignitaries of our esteemed university. The rules of the event were duly explained by Prof. Trinanjana Das, as she was the Quizmaster of the day.</p> <p>The quiz competition comprised three rounds including the first or the preliminary round followed by the 2<sup>nd</sup> round or the semi-finals and the last or the final round. The entire event was indeed very stimulating and the audience enjoyed it thoroughly. Our aim was to not only develop the quiz into an informative medium for the audience and to test the participants but also to engage the participants, audience, faculty members into a fun filled morning with lots of inflow and outflow of information.</p> <p>The first or the preliminary round began on a light mood and as the game leveled up with inevitable eliminations, the pace and standard of questions became tougher and yet all the participants were able to stay at par with the quiz standards. After the semi-finals, only 4 participants qualified out of which the three best candidates were announced as ‘Champion’, 1<sup>st</sup> runner’s up and 2<sup>nd</sup> runner’s up in the finals. Each participant was extremely competitive in nature and the quiz master maintained the zeal of the event to keep the audience and the participants at the edge of their seats. This event would never be a success without the constant support and guidance of Prof. Sonia Gupta and other members of the debate club. A very big and pleasant surprise was in store for us when our Pro Vice Chancellor, Dr. Ankita</p>

Chakravarty Bhattacharya ma'am came forward and congratulated the team for upholding such a wonderful event with so much zest and verve.

The winner of the first ever online YOGA QUIZ was Pratikshya Sundarka of AIIT, the 1<sup>st</sup> runner up, Debanjan Saha of ACCFK and last but not the least the 2<sup>nd</sup> runner's up was Nabajit Sarkar of ASAPK. The vote of thanks was delivered by Prof. Marjana Mukherjee.

**GLIMPSES: (3-4 PICTURES WITH PROPER TAG LINE)**

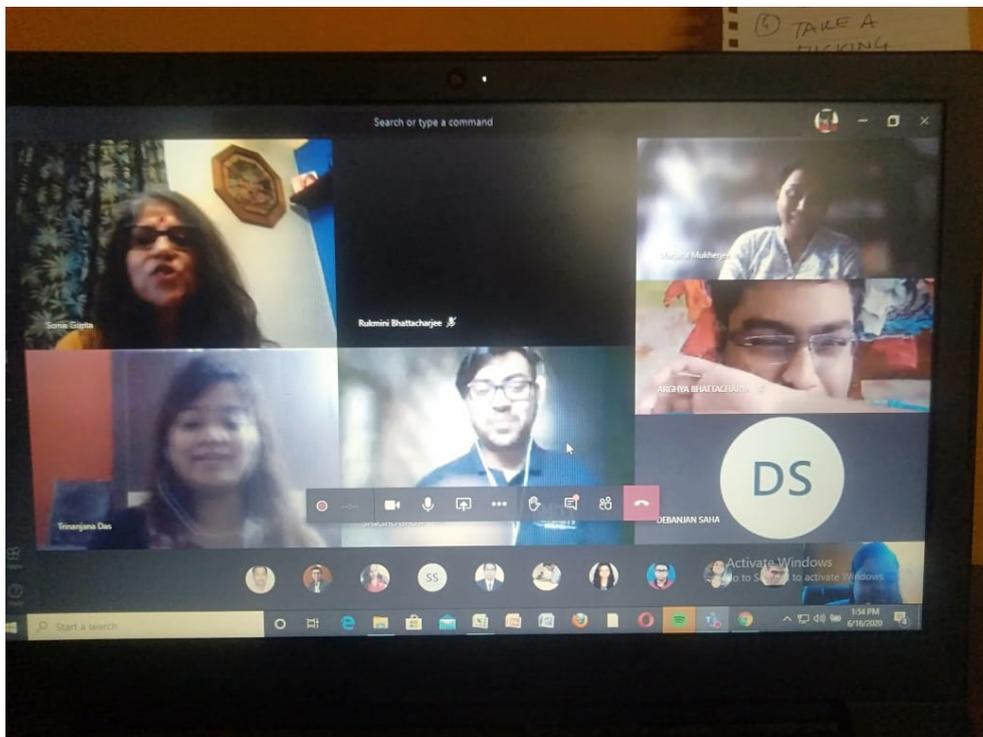
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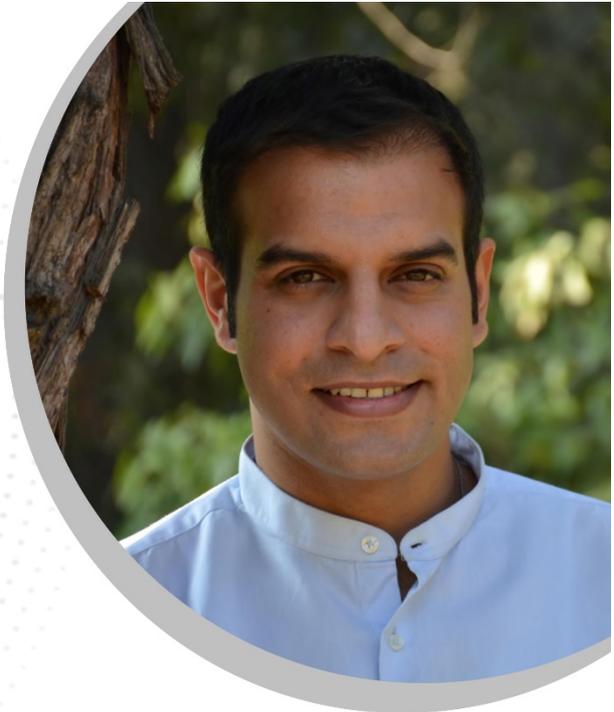
**Hon'ble Pro Vice Chancellor Ma'am, our club guide, and quiz master during the event.**



**The Club Guide, Quiz Master and the 2<sup>nd</sup> Runner's Up of the day after declaration of results**  
**The Club Guide**



# STRESS MANAGEMENT AND MIND MATTERS



SPEAKER:

## MR. AVINASH TIKU

DIRECTOR, YOUTH AFFAIRS,  
THE ART OF LIVING

## INTERNATIONAL YOGA DAY CELEBRATION



ORGANISED BY:  
AMITY UNIVERSITY KOLKATA

**21<sup>ST</sup> JUNE 2020**  
**12:00 PM TO 01:00 PM**

**GUEST  
LECTURE**

SCHOOL/CLUB	Amity University, Kolkata
DATE OF EVENT	21/06/2020 at 12:00-01:00 PM
DEPARTMENT	

**SUMMARY OF THE EVENT  
(200 – 500 words):**

**INTERNATIONAL YOGA DAY 2020**

**Interactive Session by**

**Speaker: Mr Avinash Tiku**

**Director, Youth Affairs, The Art of Living**

**Topic: " Stress Management and Mind Matters"**

On the grand occasion of International Yoga Day, officially celebrated on 21<sup>st</sup> June, Amity University Kolkata is celebrating with a series of online events. The IDY team was given the onus of arranging a Webinar on the 21<sup>st</sup> of June 2020 from 12:00 to 1:00 PM through the medium of Team

The day started traditionally with seeking the blessings of our revered Hon'ble Founder President, Hon'ble Chancellor, Sr. Vice President, Vice President, Pro-Vice Chancellor and other dignitaries of our esteemed university.

Dr. Pankaj Kumar was the moderator for the event.

The brief introduction of Shri Avinash Tiku was given by Dr. Pankaj Kumar . Mr. Tiku started his presentation with the basic questions on stress management and mind matters as : How to manage stress? How to achieve the dream? . How can we find peace of mind ? He also explained that how can be control angriness. Mr. Avinash explained the detail with practice that "How to handle our mind". He also discuss about type of breath in detail in different conditions as in happy time, in saddy way, inangerness.

He concludes his lecture that "**AAP HI AANAND HAI**" , "**AAP HI SHANTI HAI**"

After his presentation, responded on some questions.

Vote of Thanks given by Dr. Pankaj Kumar

**GLIMPSES: (3-4 PICTURES WITH PROPER TAG LINE)**

**(attached)**





# IDY-2020 REPORT FROM OTHER AMITY UNIVERSITIES

## Amity University, JHARKHAND (AUJ)

Report submitted by- RIKITA SWAROOP

### Details of Webinars/Events held in celebration of IDY-2020:

<b>1</b>	<b>Name of the Institute:</b>	Amity University Jharkhand ,Ranchi
<b>2</b>	<b>Event Category: Workshop, Seminar, Guest Lecture, Cultural Event etc.</b>	As per mail dated 18.4.2020 regarding the Yoga in Amity Campuses <b><u>WORKSHOP on YOGA &amp; MEDITATION was conducted</u></b>
2 (a)	<b>Name of the Event</b>	<b>HEARTFUL LIVING –</b> <b>5 DAY – YOGA, MEDITATION &amp; INTERACTION</b> with experts of Heartfulness Meditation  Time – <b>8 AM to 9 AM</b> Dates - <b>28<sup>th</sup> April 2020 to 2nd May 2020</b> No of days – <b>05</b> Days- <b>Tuesday, Wednesday, Thursday, Friday, Saturday</b> <b>Program included –</b> <b>1) Yoga routine,</b> <b>2) Heartful meditation</b> <b>3) 20 – 30 mins talk, interaction on the topics</b> <b>(mentioned in point 2 –e ) related to balanced living</b>
2 (b)	<b>Venue of the Event:</b>	Amity University Jharkhand (MS TEAMS) - as mentioned in respective posters
2 (c)	<b>Participation :</b>	Participation from <ul style="list-style-type: none"><li>• Hon’ble Pro Vice Chancellor Sir</li><li>• Respected Registrar Sir</li><li>• Respected Director Sir</li><li>• HOI’s</li><li>• Faculties , Staff members, their families</li><li>• Current Students of Amity</li></ul>
2 (d)	<b>Details of the Events:</b>	<b><u>28<sup>th</sup> April 2020 to 2nd May 2020</u></b> Heartfulness team conducted a “Yoga and Meditation workshop” for the students, faculties and staff of Amity University, Jharkhand. This program titled, <b>Heartful Living</b> , was conducted over a period of <b>5 days</b> .

The goal of this course was to enable students of Amity to acquire and experience a simple set of life-long practices, Rnded in yoga and meditation, that will help them develop themselves as balanced individuals. The idea behind the program was to help students and faculties feel rejuvenated, refreshed and enabling them to bounce back with vigor.

These classes were conducted by senior industry professionals, from different walks of life, who have dedicated themselves to self-development by using Yoga and Meditation as foundational elements. Ms. Rikita Swaroop, from AUJ, who herself is a Heartfulness Meditation Trainer, was the program anchor to ensure continuity, connectivity, and coordination between the two organizations –  
 AUJ & HEARTFULNESS.

There were no commercials charged for this program.

2 (e)	<table border="1"> <thead> <tr> <th><b>sessi on No.</b></th> <th><b>Date</b></th> <th><b>Topic/ Theme</b></th> <th><b>Facilitato r</b></th> <th><b>Profile</b></th> </tr> </thead> <tbody> <tr> <td><b>1</b></td> <td><b>Apri l 28</b></td> <td><b>Discovering your personality – Identify YOUR strengths</b></td> <td><b>Mr. Ramesh Krishnan</b></td> <td>Director, Intel Corporation</td> </tr> <tr> <td><b>2</b></td> <td><b>Apri l 29</b></td> <td><b>Healthy Lifestyle</b></td> <td><b>Dr. Veroniqu e Nicolai</b></td> <td>Pediatrician Director Yoga Heartfulness</td> </tr> <tr> <td><b>3</b></td> <td><b>Apri l 30</b></td> <td><b>Dealing with uncertainty: Tips and tricks</b></td> <td><b>Mr. Harpreet Bhan</b></td> <td>Vice President, Adizes Institute</td> </tr> <tr> <td><b>4</b></td> <td><b>May 1</b></td> <td><b>Tête-à- Tête with the panelists</b></td> <td>Assistant Professor</td> <td>Amity University Jharkhand</td> </tr> <tr> <td><b>5</b></td> <td><b>May 2</b></td> <td><b>Heartful Relationships</b></td> <td><b>Dr. Snehal Deshpan de</b></td> <td>Wellness and Life Coach</td> </tr> <tr> <td><b>6</b></td> <td><b>Dail y</b></td> <td><b>Heartfulness Meditation conducted by</b></td> <td><b>Gyanesh war Sarin</b></td> <td>Director (Coordination) Heartfulness Education Programs Heartfulness Education Trust, Hyderabad</td> </tr> <tr> <td><b>7</b></td> <td><b>Dail y</b></td> <td><b>Yoga routine –conducted by -</b></td> <td><b>Vishnu TG</b></td> <td>Yoga trainer- Heartfulness</td> </tr> </tbody> </table>					<b>sessi on No.</b>	<b>Date</b>	<b>Topic/ Theme</b>	<b>Facilitato r</b>	<b>Profile</b>	<b>1</b>	<b>Apri l 28</b>	<b>Discovering your personality – Identify YOUR strengths</b>	<b>Mr. Ramesh Krishnan</b>	Director, Intel Corporation	<b>2</b>	<b>Apri l 29</b>	<b>Healthy Lifestyle</b>	<b>Dr. Veroniqu e Nicolai</b>	Pediatrician Director Yoga Heartfulness	<b>3</b>	<b>Apri l 30</b>	<b>Dealing with uncertainty: Tips and tricks</b>	<b>Mr. Harpreet Bhan</b>	Vice President, Adizes Institute	<b>4</b>	<b>May 1</b>	<b>Tête-à- Tête with the panelists</b>	Assistant Professor	Amity University Jharkhand	<b>5</b>	<b>May 2</b>	<b>Heartful Relationships</b>	<b>Dr. Snehal Deshpan de</b>	Wellness and Life Coach	<b>6</b>	<b>Dail y</b>	<b>Heartfulness Meditation conducted by</b>	<b>Gyanesh war Sarin</b>	Director (Coordination) Heartfulness Education Programs Heartfulness Education Trust, Hyderabad	<b>7</b>	<b>Dail y</b>	<b>Yoga routine –conducted by -</b>	<b>Vishnu TG</b>	Yoga trainer- Heartfulness
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2  
(f) **POSTER OF THE EVENT:**



# AMITY UNIVERSITY JHARKHAND



From Wonder, Wisdom  
Heartfulness Education Trust

heartful  
living  
- savour the moment



*Ramesh Krishnan*  
Director- Intel



*Veronique Nicolai*  
Pediatrician



*Harpreet Bhan*  
Vice President, Adizes Institute



*Snehal Deshpande*  
Wellness and Life Coach



*Gyaneshwar Dayal Sarin*  
Corporate Consultant

Join for enriching Self Learning &  
Development sessions on Heartful  
Living from

28th April 2020 - 2nd May 2020

08:00 AM to 09:00 AM everyday



*Vishnu TG*  
Yoga Trainer

Session to be conducted on Microsoft Teams | Code: 92nqsvq

Event Coordinator Dr. Shovona Choudhury (8603773118)

Faculty In-charge Ms. Rikita Swaroop (9823187554)

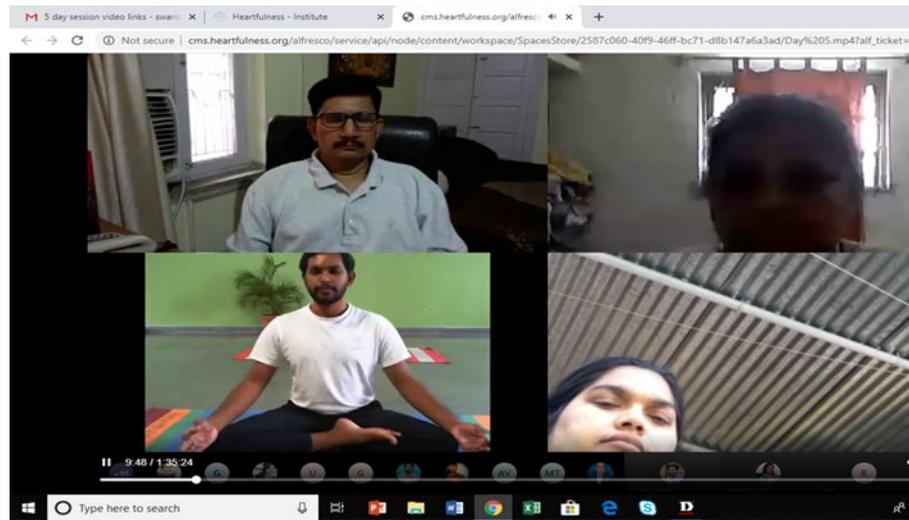
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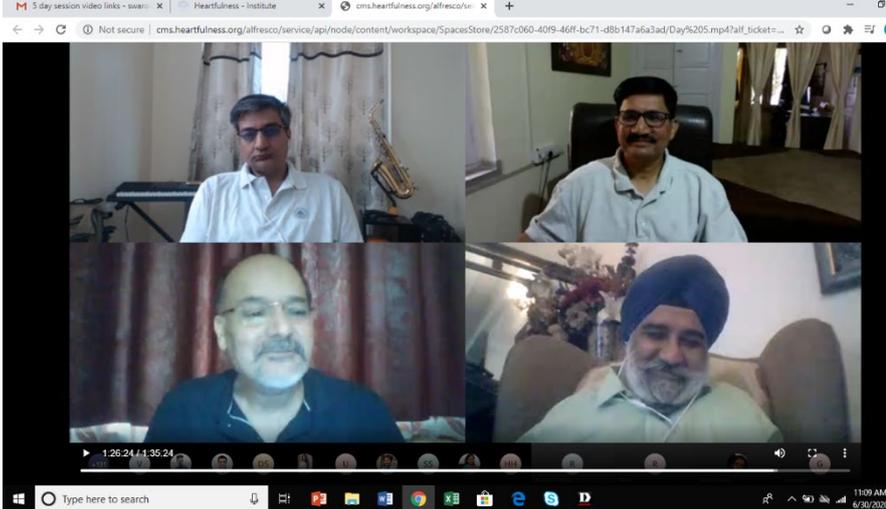
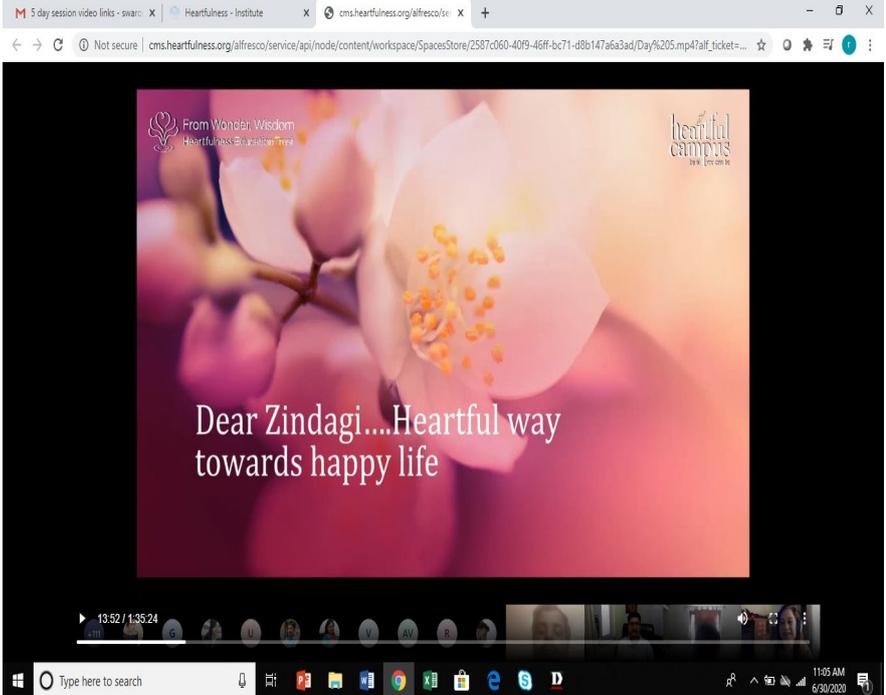
**Daily Yoga By  
Trainer –  
Vishnu TG**

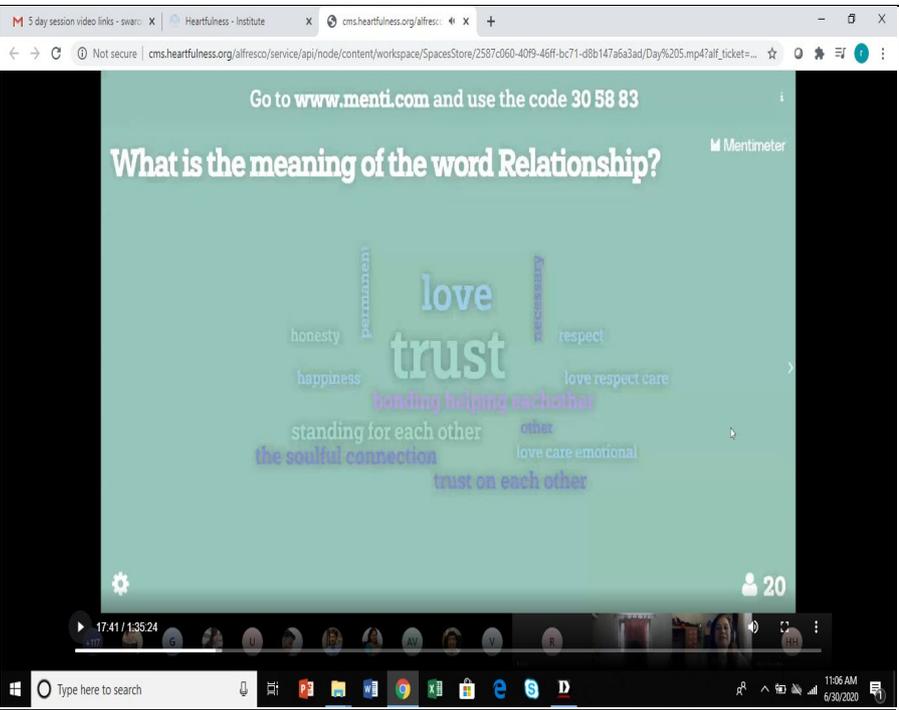
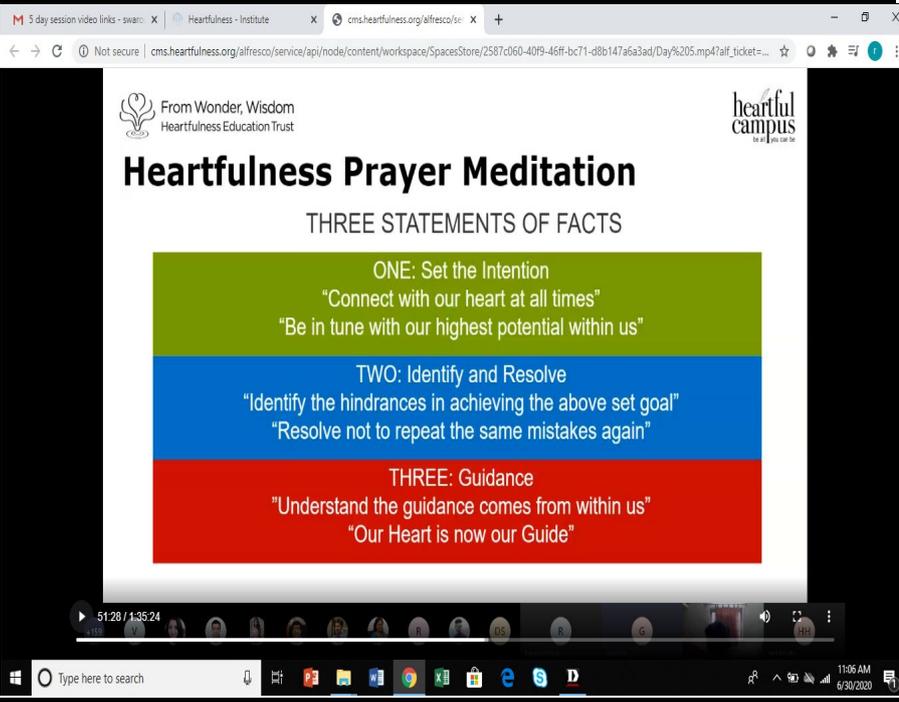
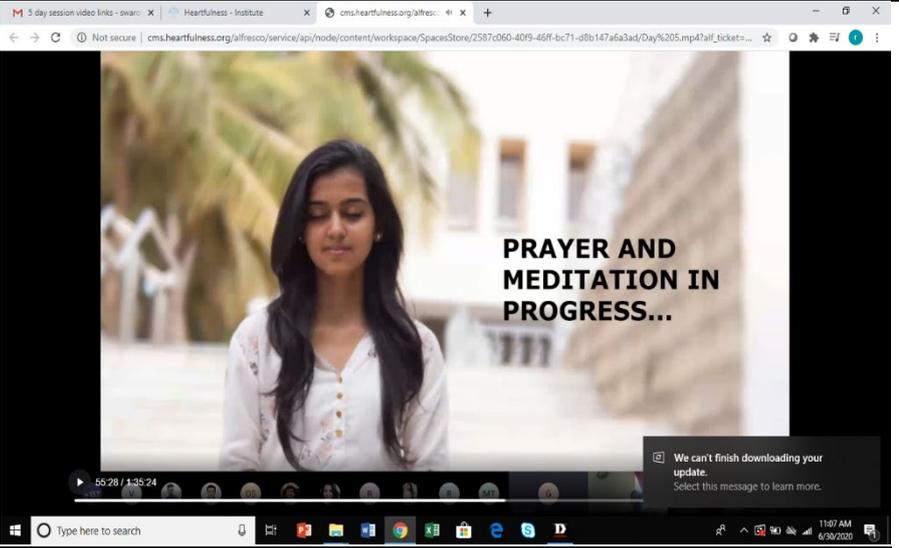
**With VC Sir  
and faculties**

### SOME PICTURES:



<p><b>Daily Yoga By Trainer – Vishnu TG</b></p> <p><b>Faculty with son</b></p>	
<p><b><u>Student</u></b></p>	
<p><b><u>Student</u></b></p>	

	<p><b><u>student</u></b></p>	
	<p><b>Daily interaction with the speaker of the day</b></p> <p><b>Day 5</b></p>	
	<p><b>Daily PPT Sharing of the topic-</b></p> <p><b>Day 5</b></p>	

<p><b>Daily interaction with participants</b></p> <p><b>Sample – interaction with mentee meter</b></p>	
<p><b>Daily Heartfulness Meditation by- Gyaneshwar Sarin Ji</b></p> <p><b>Sample-slide Day 3</b></p>	
<p><b>Daily Meditation</b></p>	

student

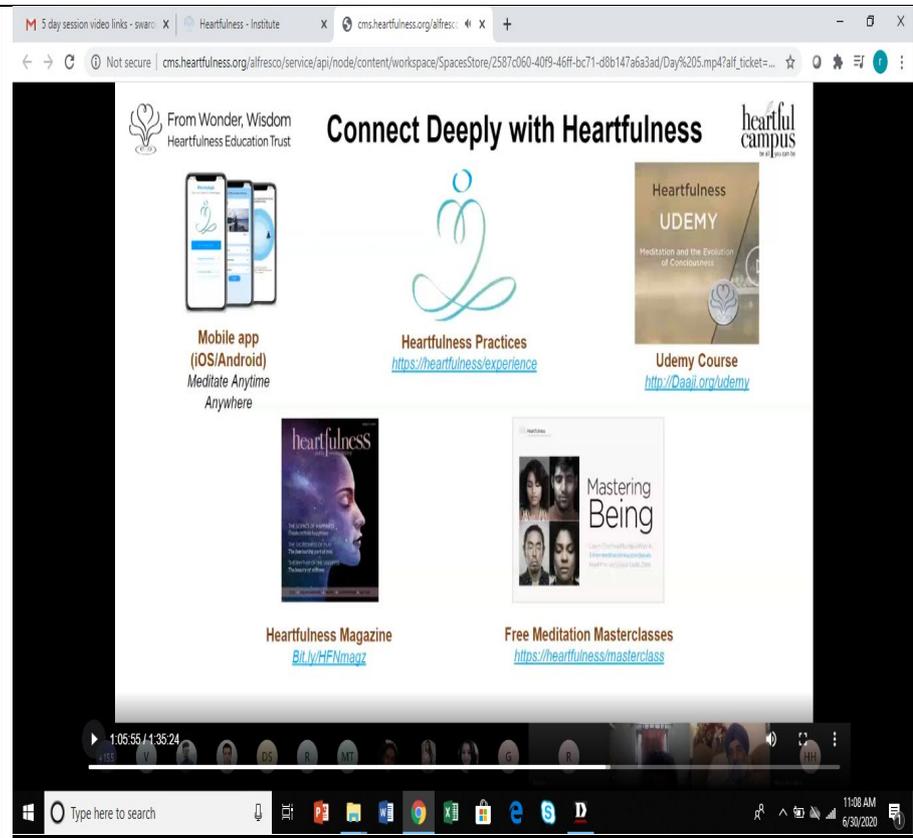
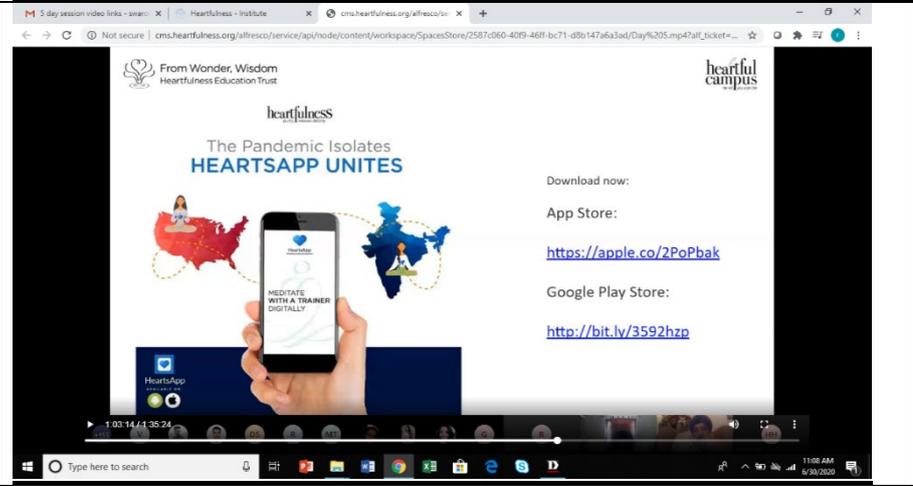
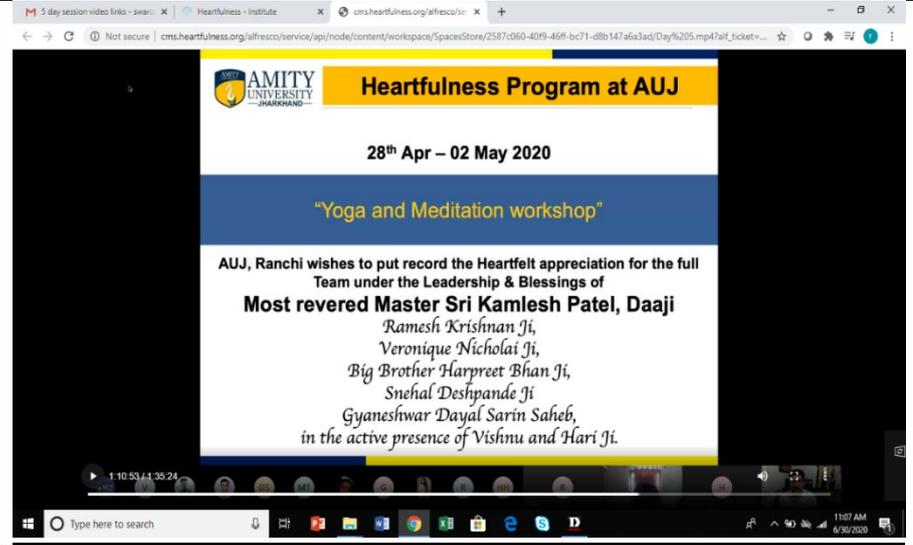


student



**Event**  
**coordinator-**  
**Shovona**  
**Mam's**  
**4 yr son**



	<p><b>After Prog – ways to know more about Heartfulness</b></p>	
	<p><b>After Prog</b></p> <p><b>‘Heartsapp’ to take individual meditation session pf Heartfulness</b></p>	
	<p><b>Summary by VC Sir On day 5</b></p>	
<p>2 (h)</p>	<p><b>Total Participation</b></p>	<p>500 approx.</p>

2 (i)	<b>Name of the Coordinator of the Programme</b>	Event coordinator – Dr. Shovona Choudhury Faculty In charge – Ms. Rikita Swaroop
2 (j)	<b>Further Scope of the event (i.e. Collaboration etc.):</b>	<ul style="list-style-type: none"> <li>• Ongoing programs of Meditation and including of specially designed curriculum of <b>Heartful Campus</b> can be introduced for all the students of each Program and Course WITHOUT any FEES across Amity</li> <li>• Updates of various programs for Youth, Implementation of programs inclusive of Heartfulness Meditation for all the levels of Management, FDP for faculties, Internships, JOBS</li> <li>• Teaching Meditation to students and Faculties, Staff</li> </ul>
3 (a)	<b>Event Category: Workshop, Seminar, Guest Lecture, Cultural Event etc.</b>	<b>ONLINE COMPETITIONS to commemorate International Yoga Result</b>  Invitation Date – 17/06/2020 Submission date – 19/06/2020
3 (b)	<b>Name of the Event</b>	ESSAY WRITING ; SLOGAN WRITING ; POSTER MAKING
3 (c)	<b>Venue of the Event:</b>	Amity University Jharkhand (entries through mail to respective Judges of the event) - as mentioned in respective posters
3 (d)	<b>Participation :</b>	<ul style="list-style-type: none"> <li>• Students of all age category from all over the country</li> <li>• Amity &amp; Non-Amity students of college and Universities</li> <li>• School children</li> </ul>
3 (e)	<b>Details of the Events:</b>	<ul style="list-style-type: none"> <li>• Through creative expressions the students expressed their views, understanding of IYD – through their slogans, posters. essays</li> <li>• The interested students sent their entries to the respective judges directly on the e-mail</li> </ul>
3 (f)	<b>Poster of the events :</b>	

3  
(f1)  
**Poster Making competition**



**AMITY UNIVERSITY — JHARKHAND —**

Organises

**POSTER MAKING COMPETITION**

On the occasion of  
**INTERNATIONAL YOGA DAY 2020**

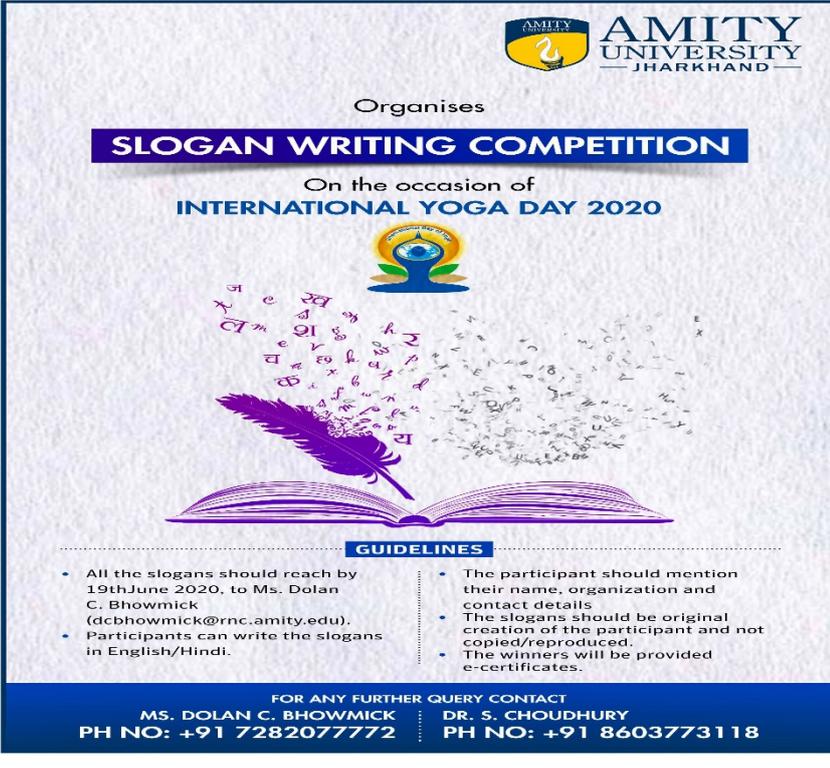


**GUIDELINES**

- All the entries should reach by 19th June 2020, to Dr. Pooja Jha ([pjha@rnc.amity.edu](mailto:pjha@rnc.amity.edu)) or Ms. Tannisha Kundu ([tkundu@rnc.amity.edu](mailto:tkundu@rnc.amity.edu))
- The participant should mention their name, organization and contact details
- The posters should be original creation of the participant and not copied/reproduced.
- The winners will be provided e-certificates.

FOR ANY FURTHER QUERY CONTACT:  
**DR. S. CHOUDHURY, PH: +91 8603773118**

3  
(f2)  
**Slogan Writing Competition**



**AMITY UNIVERSITY — JHARKHAND —**

Organises

**SLOGAN WRITING COMPETITION**

On the occasion of  
**INTERNATIONAL YOGA DAY 2020**



**GUIDELINES**

- All the slogans should reach by 19th June 2020, to Ms. Dolan C. Bhowmick ([dcbhowmick@rnc.amity.edu](mailto:dcbhowmick@rnc.amity.edu)).
- Participants can write the slogans in English/Hindi.
- The participant should mention their name, organization and contact details
- The slogans should be original creation of the participant and not copied/reproduced.
- The winners will be provided e-certificates.

FOR ANY FURTHER QUERY CONTACT  
**MS. DOLAN C. BHOWMICK PH NO: +91 7282077772**      **DR. S. CHOUDHURY PH NO: +91 8603773118**

3 (f3)	Essay Writing Competition	 <p>Organises</p> <p><b>ESSAY WRITING COMPETITION</b></p> <p>On the occasion of <b>INTERNATIONAL YOGA DAY 2020</b></p>   <p><b>TOPIC:</b> <i>Yoga does not just change the way we see things, it transforms the person who sees- B.K.S. Iyengar.</i></p> <p><b>GUIDELINES</b></p> <ul style="list-style-type: none"> <li>All the essays should reach by 19th June 2020, 5pm to Dr. Shayantani Banerjee, (sbanerjee@rnc.amity.edu) or to Ms. Sylee Roy, (sroy@rnc.amity.edu)</li> <li>Word limit: 800-1000 words.</li> <li>The participant should mention their name, organization and contact details.</li> <li>The essay should be original creation of the participant and not copied/reproduced.</li> <li>The winners will be provided e-certificates.</li> </ul> <p>FOR ANY FURTHER QUERY CONTACT: <b>DR. S. CHOUDHURY, PH: +91 8603773118</b></p>
3 (g)	<b>Total Participation</b>	Essay competition – 60 Slogan writing - 22 Poster Making – 22
3 (h)	<b>Name of the Coordinator and Judges of the Programme</b>	Dr. Shovona Choudhury Judges – Essay writing – Dr. Shayantani Banerjee Slogan Writing – MS. Dolan Bhowmick Poster Making – Ms. Tannisha Kundu
3 (i)	<b>Further Scope of the event (i.e. Collaboration etc.):</b>	<ul style="list-style-type: none"> <li>The external students may be prospective students of Amity</li> <li>May enroll for future webinars and events</li> </ul>
4 (a)	<b>Event Category: Workshop, Seminar, Guest Lecture, Cultural Event etc.</b>	<b>International Day of Yoga- Celebration 2020</b>
4 (b)	<b>Name of the Event</b>	<b>Curtain raiser of International Yoga- 19/06/2020</b>

4 (c)	<b>Venue of the Event:</b>	Online ZOOM WEBINAR ( LINK details in POSTER)
4 (d)	<b>Participation :</b>	Participation from <ul style="list-style-type: none"> <li>• Hon’ble Vice Chancellor Sir</li> <li>• Respected Registrar Sir</li> <li>• Respected Director Sir</li> <li>• HOI’s</li> <li>• Teaching and Non-Teaching staff members, their families</li> <li>• Current Students of Amity</li> <li>• External Students</li> </ul>
4 (e)	<b>Details of the Events:</b>	It was a discourse session along with experiential Heartfulness relaxation and meditation session The session began with a question to participants and the subsequent unfolding of its answer leading to Heartfulness Meditation practices: <u><b>When do you feel the need of the new YOU?</b></u> <ul style="list-style-type: none"> <li>• When you feel inadequate <ul style="list-style-type: none"> <li>• COVID</li> <li>• Sushant Singh Rajput</li> <li>• Nelson Mandela in his isolation cell</li> <li>• Mahatma Gandhi when he was thrown out of the train</li> </ul> </li> <li>• So what do you do? <ul style="list-style-type: none"> <li>• Find it</li> <li>• Where? Inside you.</li> </ul> </li> <li>• So it was already there. Has always been there. The best version is the very essence of us. <ul style="list-style-type: none"> <li>• Hanuman</li> </ul> </li> </ul> The discussion then led to Heartfulness way and the background of Heartfulness Meditation <ul style="list-style-type: none"> <li>• A set of practices in which eons of the research of forefathers have been squeezed into.</li> <li>• Leads us to a new way of being. Designed and targeted to get you the NEW YOU, a better version each day.</li> <li>• Continuously – in geometric progression</li> </ul> The 3 simple steps of Heartfulness meditation was discussed – Relaxation technique, Meditation, Rejuvenation (Cleaning) and Interiorization (Prayer) The practices mentioned above includes: <b>1) <u>Meditation - steps:</u></b> <ul style="list-style-type: none"> <li>• Assume the presence of the infinite potential inside you</li> <li>• Validate with personal experience. Get the confidence.</li> <li>•</li> </ul>

- Carry the signal with you as much as and as often as possible.
- Start getting the new YOU through a process of osmosis.
- Natural, effortless process
- We call this **Meditation**

**2) Cleaning or Rejuvenation – steps:**

- Recognize that there are impediments which slow or obstruct osmosis
  - Impurity
  - Complexity
- Decide to take charge
- Remove the garbage to clear the highway for the process to pick up speed
- We call this **Cleaning or Rejuvenation**

**3) Prayer (Interiorization) –steps**

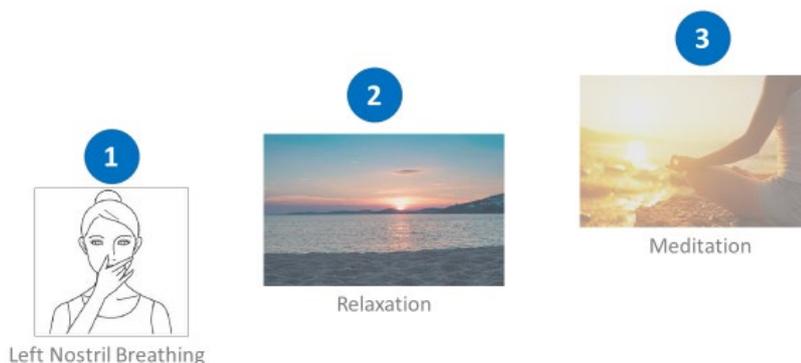
- We need help in our endeavor to get the new YOU.
- Get the best one to assist us.
- The unlimited potential, that very YOU which you want to become, who is inside you.
- Learn a way to connect on DEMAND.
- Every day.
- Helps drive motivation. Guidance. Helps you keep course
- We call this **Prayer**

Summarized with the following :

- Simple. Easy
- Adapted to modern times.
- Available all around you like air and water.
- Free
- No qualification required
- Effortless and extremely effective
- Only one requirement – You must want a new YOU.

## Experience of Heartfulness

heartfulness  
path to inner beauty



Allow the transformation to take shape in you



Let the journey begin...

**Invitation to participate in the Mega event of Heartfulness**

**heartfulness**  
purity | weaves destiny

Register Here:  
[Heartfulness.org/IDY](https://Heartfulness.org/IDY)

Together, let us make  
**Compassion Contagious!**

Virtual Event on  
**21st June**  
Deferred live 7 am IST  
Available Worldwide all day on Yoga Day  
[#yogaforcompassion](https://twitter.com/yogaforcompassion)

Live on:  
Facebook.com/practiceheartfulness  
Youtube.com/heartfulness

**Yogrishi Ramdev ji Maharaj**  
President Patanjali Yogpeeth

**Padma Vibhushan Pt Jasraj**  
Indian Classical Vocalist

**Kamlesh D. Patel**  
Founder & Guide,  
Heartfulness Institute

**Padma Shri Shankar Mahadevan**  
Indian Singer and Composer

UNITED NATIONS  
INFORMATION OFFICE

MINISTRY OF  
AYUSH

@practiceheartfulness @heartfulness @heartful\_ness @Heartfulness Meditation

<p>4 (f)</p>	<p>Poster of the events</p>	
<p>4 (g)</p>	<p>Picture of the event</p>	

	<b>Student</b>	
	<b>student</b>	
4 (h)	<b>Total Participation</b>	<b>60</b>
4 (i)	<b>Name of the Coordinator of the Programme</b>	Event coordinator – Dr. Shovona Choudhury Faculty In charge – Ms. Rikita Swaroop Panelist – Rikita Swaroop
4 (j)	<b>Further Scope of the event (i.e. Collaboration etc.):</b>	<ul style="list-style-type: none"> <li>• Ongoing programs of Meditation and including of specially designed curriculum of <b>Heartful Campus</b> can be introduced for all the students of each Program and Course <b>WITHOUT</b> any FEES across Amity</li> <li>• Updates of various programs for Youth, Implementation of programs inclusive of Heartfulness Meditation for all the levels of Management, FDP for faculties, Internships, JOBS</li> <li>• Teaching Meditation to students and Faculties, Staff</li> </ul>
<b>5 (a)</b>	<b>Event Category: Workshop, Seminar,</b>	<b>International Day of Yoga- Celebration 2020</b> Date - 21/06/2020

	<b>Guest Lecture, Cultural Event etc.</b>	
5 (b)	<b>Name of the Event</b>	Inner Transformation through Heartfulness Meditation
5 (c)	<b>Venue of the Event:</b>	Online ZOOM WEBINAR ( LINK details in POSTER)
5 (d)	<b>Participation :</b>	Participation from <ul style="list-style-type: none"> <li>• Hon’ble Pro Vice Chancellor Sir</li> <li>• Respected Registrar Sir</li> <li>• Respected Director Sir</li> <li>• HOI’s</li> <li>• Teaching and Non-Teaching staff members, their families</li> <li>• Current Students of Amity</li> <li>• External Students</li> <li>• All students who participated and sent entries for poster making, slogan writing, essay writing competition (Result announcements today) as today the Winners of various competitions were to be announced</li> </ul>
5 (e)	<b>Details of the Events:</b>	<p>2 sub events were clubbed here:</p> <ol style="list-style-type: none"> <li>1) The winners of all 3 events – Poster Making, Slogan Writing &amp; essay Writing were announced</li> <li>2) An Interaction between speakers (Ms. Veronique Nicolai and Rikita Swaroop) leading to experiential Heartfulness Cleaning(Rejuvenation).</li> </ol> <p>The interaction was based on questions generally students and working professionals have in mind regarding Meditation and Yoga (Rikita Swaroop did a small survey to collect the list of questions among students and faculties)</p> <p><b>Purpose of the event was:</b></p> <p>To motivate the participants to integrate Yoga &amp; Meditation in their current lifestyle to have a balanced approach in life, feel calm, composed.</p> <p>Questions were around following:</p> <ol style="list-style-type: none"> <li>1) When I am not 50-60 yrs , I am happy partying ,why should I meditate?</li> <li>2) Love is the most important relationship for youth, how can meditation replace this?</li> <li>3) I have done mistakes that I am not proud of, I feel guilty, these thoughts trouble me, can meditation help me to take out all these?</li> <li>4) Consistency in everything is important, I know it, but I don’t get time, I am too busy. I am so burnt out that If I will get any spare time, I will prefer to sleep than to meditate? Also since I have time now, I practice yoga and meditation but one lockdown will be over, when I</li> </ol>

will be busy with my preferred zone of money-making than peace of mind, is there a need to continue it?

5) I am angry. I have not been treated well when I was young, I was abused, can meditation quench my anger? How

6) Youth is the period when we try to and be our perfect self. I will wish to spend my time during this COVID time in doing volunteering tasks like distributing food, helping the needy. It gives feeling of satisfaction? In the current situation when war is going on, climate is going haywire, politics is bad, what will I get sitting in mediation with eyes closed for 1 hr?

7) People say we feel calm when we meditated, I feel the calmness when I smoke or take drugs, why should I meditate, how is it better?

8) Youth is the time to experiment, my friends got to bar, they want me to come along, but I am not sure, will meditation and yoga help me solve these difficult dilemmas?

9) Meditation is only for Hindus, is what I have heard? Is it true about Heartfulness Meditation too?

10) What makes Heartfulness unique?

11) Are there any fees required to learn or practice Heartfulness

12) Is meditation for the children

**RESULTS OF THE EVENTS:**

**RESULT OF ESSAY WRITING COMPETITION :**

CATEGORY	NAME	INSTITUTION
3RD	Snigdha Sahay	AUJ
3RD	Umme Habiba	AUJ
2ND	Yashna Banga	Hindu College, North Campus, Delhi
1ST	Prachee Kumari	AUJ
1ST	Mohd. Sibtain Kadri	Central University Kerala, M.Sc. Sem 4

**YOUNG ACHIEVER'S AWARD**

Upayan Bhowmick, Class-VIIIth DAV PUBLIC SCHOOL, HEHAL

**RESULT OF SLOGAN WRITING COMPETITION :**

<b>CATEGORY</b>	<b>NAME</b>	<b>INSTITUTION</b>
<b>3RD</b>	Prachi Kumari	AUJ
<b>3 RD</b>	Vishal Kumar Kashyap	AUJ
<b>2ND</b>	Sachin Arya	<b>AUJ</b>
<b>2 ND</b>	Devo Prasad Paitandy	AUJ
<b>1ST</b>	Shreya Damini J	<b>AUJ</b>
<b>1 ST</b>	Robin Kashyap	Help Others Garhwa, Jharkhand

**YOUNG ACHIEVER'S AWARD**

Naitik Singh CLASS –V Army Public School, RANCHI

**RESULT OF POSTER MAKING COMPETITION:**

<b>CATEGORY</b>	<b>NAME</b>	<b>INSTITUTION</b>
<b>3RD</b>	Manjushree Koley	Doranda College, Ranchi
<b>2ND</b>	CHETNA KUMAR	<b>AUJ</b>
<b>1ST</b>	Shristi Kumari	<b>AUJ</b>

**BUDDING TALENT AWARD**

Tanishi, Class-4, St Thomas school Dhurwa Ranchi Jharkhand

**YOUNG ACHIEVER'S AWARD**

Aintik Bhattacharya Std- I Age- 6yrs School - St. Xavier's School  
Doranda

<p>5 (f)</p>	<p><b>Poster of the events</b></p>	
<p>5 (g)</p>	<p><b>Picture of the event</b></p>	

5 (h)	<b>Total Participation</b>	<b>82</b>
5 (i)	<b>Name of the Coordinator of the Programme</b>	Event coordinator – Dr. Shovona Choudhury Faculty In charge – Ms. Rikita Swaroop Speaker in the program – Ms. Rikita Swaroop & Ms. Veronique Nicolai
5 (j)	<b>Further Scope of the event (i.e. Collaboration etc.):</b>	Invitation to join <b>the virtual MEGA event of 21st JUNE 2020</b> Heartfulness where co-branding with AMITY UNIVERSITY JHARKHAND was done .
<p><b>Cobranding of Heartfulness and AMITY UNIVERSITY JHARKHAND – AUJ was done for 21<sup>st</sup> JUNE 2020</b></p>		