



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

Central University of Himachal Pradesh

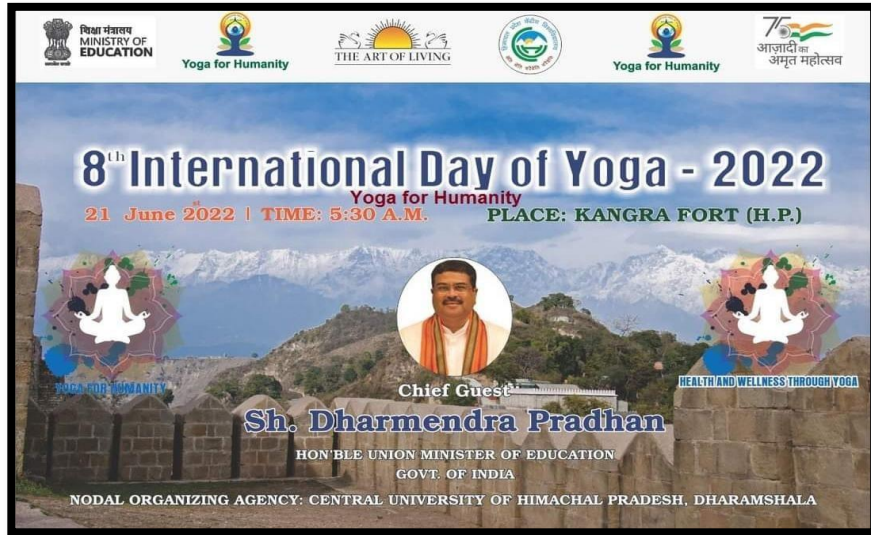
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A REPORT ON INTERNATIONAL DAY OF YOGA 2022 (IDY-2022)



Nodal Agency: Central University of Himachal Pradesh in collaboration with **Art of Living** under Aegis of Ministry of Education, Government of India.

The 8th edition of International Day of Yoga was celebrated with the theme “Yoga for Humanity”.

The Prime Minister of India, Mr. Narendra Modi started the main event of IDY 2022 at Mysore Palace in Karnataka. The core purpose of IDY 2022 was to create mass awareness regarding the Health benefits of Yoga for the people.

For the International Yoga Day, Central Government chose 75 historical and cultural sites in the country to mark the Azadi Ka Amrit Mahotsav that is being celebrated across the country where 75 ministers of the Central Government performed Yoga along with local authorities and Institutions/Organizations.

One of these sites was the historical Kangra Fort of Himachal Pradesh. The Kangra Fort was built by the royal Rajput family of Kangra (the Katoch dynasty), which traces its origins to the ancient Trigarta Kingdom, mentioned in the Mahabharata epic. It is the largest fort in the Himalayas and probably the oldest dated fort in India.

International Yoga Day was celebrated on 21st June 2022 at the historical Fort Kangra by the University of Himachal Pradesh. Union Minister for Education, Dharmendra Pradhan graced the occasion as Chief Guest of the event. Other Ministers from H.P State are Ms.Sarveen Chaudhary (Minister of Social Justice), Mr.Rakesh Patahania (State Forest Minister), Ms. Indu Goswami (Rajya Sabha Member) and Mr.Kishan Kapoor (MP) also graced the event and performed Yoga along with the Union Minister and participants from different institutions located in and around Dharamshala, Kangra Distt.

The programme started with the assembly at 5.30 and at 6.00Am the arrival of the Honble Minister of Education, Govt. of India and other dignitaries. The Honourable Vice Chancellor of Central University of Himachal Pradesh Prof. S.P. Bansal facilitated the guest and presented his welcome address.



During his welcome address Prof. S.P. Bansal highlighted the importance of Yoga and role of University in promoting the Yoga among students. He said that the Central University of Himachal Pradesh has organised 35 sessions of yoga in the University in the last one week to spread awareness about benefits of Yoga. Numbers of eminent speakers have given the message during these Yoga sessions in the University. The University has an individual Department entirely dedicated to Yoga Studies. Further he has highlighted the achievements of the University

in the last one including implementation NEP-2020 and opening of the department of Hindu studies and the same subject has also been recognised by UGC for NET examination. He has also appreciated the scientific achievements of the University which has brought highest ih-Index to the University i.e. 48 with i-Index as 160 highest amongst all the central Universities of India.

The welcome address was followed by message from the Hon'ble Minister of Education, Govt. of India, mentioning "Yoga is not merely an exercise because besides physical health benefits, it also improves the mental health of people." He praised the University for its Effort to make students and staff aware about benefits of yoga. The union Minister also said that the Govt. of India will soon be adding Yoga as a Subject in the schools.



After the message from Minister of Education, all the participants joined live session of Hon'ble Prime Minister live from Mysuru and listened to the message of Prime Minister. Addressing the event at Mysuru, the Prime Minister said, "Yoga brings peace to our society, nations, world and Yoga brings peace to our universe. I extend my greetings to all on this 8th International Yoga Day. Today, Yoga is being practiced in all parts of the world. The peace from Yoga is not only for individuals, it brings peace to our nations

and the world.” He further added, “This whole universe starts from our own body and soul. The universe starts from us. And, Yoga makes us conscious of everything within us and builds a sense of awareness.”

On the widespread acceptance of Yoga, the Prime Minister remarked that “Yoga has now become a global festival. Yoga is not only for any individual, but for the entire humanity. Therefore, this time the theme of International Day of Yoga is – Yoga for humanity”.

Union Minister for Finance & Corporate Affairs Smt. Nirmala Sitharaman joined the 8th International Day of Yoga (IDY) 2022 celebrations with the yoga practitioners of Morarji Desai Yoga Institute at iconic Jantar Mantar.

Highlighting the benefits of doing Yoga in everyday life, the Union Finance Minister noted, “The reason why we have accumulated here today is to share the idea of goodness from India with the world. The celebration of Yoga today is the result of the active participation, active taking up and going over the entire world with the idea of Yoga by the Prime Minister, Shri Narendra Modi.”

Thereafter the common protocol yoga’s session was started at the Kangra Fort by the trainers of Art of Living and all participants perform the common protocol session from 7 AM to 7.50 AM. In total fifteen organisations participated in the event having wide diversity i.e. participants from State administration, Central University of Himachal Pradesh including faculty, non-teaching staff and students of Central University of Himachal Pradesh, Tibetan establishments, art of living, army cantt. Dharamshala, Kendriya Vidhalaya Yol and Kendriya Vidhalaya Dharamshala, DAV college Kangra, Jawahar Navodaya Vidhalaya, Paprola, Kangra Fort employees including Director Archaeological Survey of India, Himachal region, Rotary club Kangra, Local panchayat, Local village Giyan Jyoti BEd college and some local residents who joined in the morning, The yoga was performed at two places i.e. ground at entry gate of Kangra Fort and some of the University students assembled on the top open area of the Kangra fort.

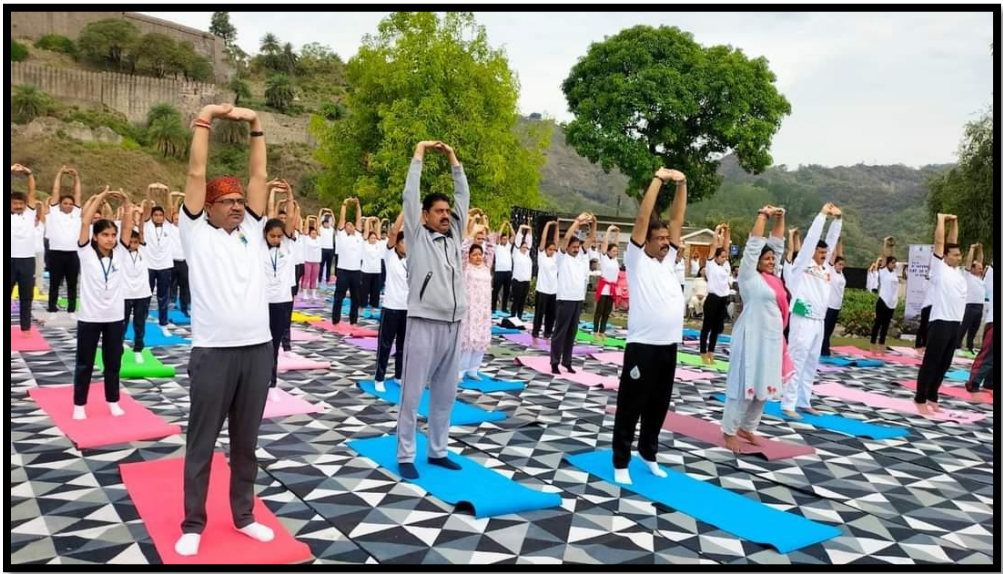
The common protocol session was followed by National Anthem by the Military Band. In the end the University authorities distributed refreshments to all the participants.

Participants from different sections of the society/city were present for **the International Day of Yoga Celebration 2022 at Kangra Fort on 21.06.2022 at 5:30 AM** onwards. Total Number of registered Participants were: 402 and about 100 participants were unregistered.

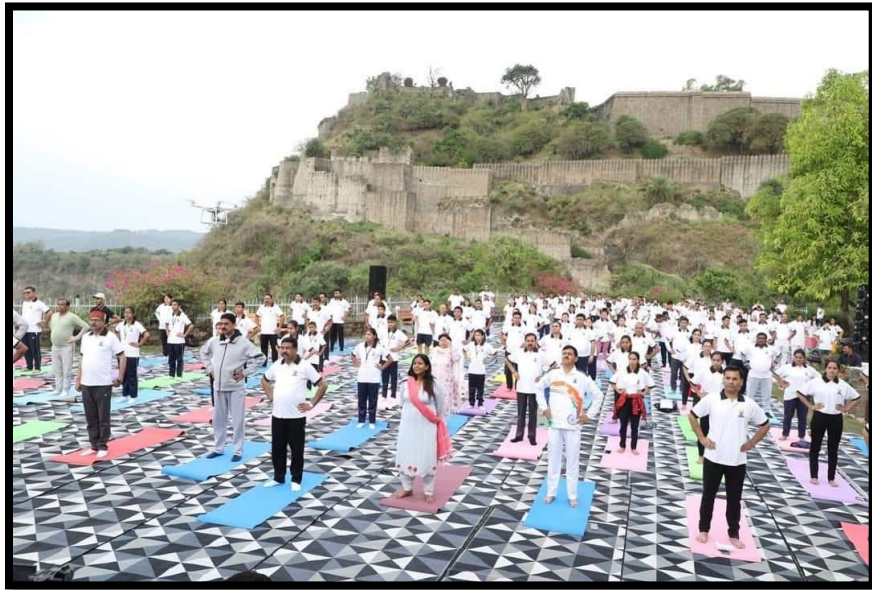
Sl. No.	Name of the Institute	Location	Number of Individuals Participated (IDY Observance)
1	Hon'ble Education Minister	Kangra	1
2	Ministry of Education G.O.I	Kangra	5
3	Hon'ble Forest Minister, HP	Kangra	1
4	Member of Rajya Sabha	Kangra	1
5	Member of Parliament	Kangra	1
6	Central University of Himachal Pradesh (Teaching & Non-Teaching)	Kangra	51
7	Local Kangra Panchayat	Kangra	6
8	Art of Living	Kangra	40
9	District Administration	Kangra	18
10	Army Personnel, Dharamshala Cantt.	Kangra	21
11	Army Band personals, Dharamshala Cantt.	Kangra	10
12	Rotary Club, Kangra	Kangra	10
13	Gyan Jyoti College of Education, Rajol, Kangra	Rajol	11

14	Kendriya Vidyalaya, YOL	Kangra	10
15	Kendriya Vidyalaya, Dharamshala	Kangra	14
16	Jawahar Navodaya Vidyalaya	Kangra	10
17	DAV College, Kangra	Kangra	10
18	Archaeological Survey of India	Kangra	4
19	PG students and RD scholars of CUHP, Kangra	Kangra	160
20	Local residents	Kangra	8
21	Tibetan	Kangra	10









योग से स्वस्थ भारत की परिकल्पना साकार होगी : धर्मेंद्र प्रधान

अंतरराष्ट्रीय योग दिवस : कांगड़ा किले में किया योगाभ्यास, इंदु गोस्वामी, सरवीण व राकेश पटानिया भी रहे मौजूद

संवाद सहयोगी कांगड़ा : योग के माध्यम से ही स्वस्थ भारत की परिकल्पना को साकार किया जाएगा। केंद्र सरकार ने योगाभ्यास का संदेश जन-जन तक पहुंचाने के लिए कारगर कदम उठाए हैं। योग के महत्व को बताने और लोगों में इसके प्रति जागरूकता फैलाने के लिए हर साल 21 जून को अंतरराष्ट्रीय योग दिवस मनाया जाता है। यह खात केंद्रीय शिक्षा, कौशल विकास मंत्री धर्मेंद्र प्रधान ने अंतरराष्ट्रीय योग दिवस पर कांगड़ा किले में आयोजित योगाभ्यास



योग धर्म निरोग : अंतरराष्ट्रीय योग दिवस पर मालतार को केंद्रीय शिक्षा मंत्री धर्मेंद्र प्रधान, वन मंत्री राकेश पटानिया, राज्य सभा सदस्य इंदु गोस्वामी और मंत्री सरवीण चौधरी सहित अन्य गणमान्यों ने कांगड़ा किले में योग क्रियार की जा सका।

कार्यक्रम में बतौर मुख्यातिथि कही। उन्होंने कहा कि इस वर्ष अंतरराष्ट्रीय योग दिवस के आठवें संस्करण का थीम 'मानवता के लिए योग' निर्धारित किया है। भारत को योग गुरु कहा जाता है, इसलिए आयुष चुना है। योग न सिर्फ शरीर, बल्कि

मानसिक सेहत के लिए भी अच्छा होता है। स्कूल पाठ्यक्रम में भी योग को शामिल किया है। उन्होंने कहा कि कोविड महामारी के दौर में भी योगाभ्यास ने लोगों को संजीवनी प्रदान की है। भारत ने अंतरराष्ट्रीय स्तर पर योग को बढ़ावा देने की पहल की है। प्रधानमंत्री को पहल पर ही योग दिवस मनाने को शुरुआत हुई है। इस अवसर पर सामाजिक न्याय अधिकारिता मंत्री सरवीण चौधरी, वन मंत्री राकेश पटानिया, राज्य सभा सदस्य इंदु गोस्वामी, सांसद किशन कपूर, जिला परिषद अध्यक्ष रमेश बराड़, केंद्रीय विश्वविद्यालय के कुलपति एसपी बंसल, एसडीएम नवीन तंवर मौजूद रहे।

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उन्होंने कहा कि कोविड महामारी के दौर में भी योगाभ्यास ने लोगों को संजीवनी प्रदान की है। भारत ने अंतरराष्ट्रीय स्तर पर योग को बढ़ावा देने की पहल की है। प्रधानमंत्री को पहल पर ही योग दिवस मनाने को शुरुआत हुई है। इस अवसर पर सामाजिक न्याय अधिकारिता मंत्री सरवीण चौधरी, वन मंत्री राकेश पटानिया, राज्य सभा सदस्य इंदु गोस्वामी, सांसद किशन कपूर, जिला परिषद अध्यक्ष रमेश बराड़, केंद्रीय विश्वविद्यालय के कुलपति एसपी बंसल, एसडीएम नवीन तंवर मौजूद रहे।

कांगड़ा के ऐतिहासिक किला में अंतरराष्ट्रीय योग दिवस पर किया योगाभ्यास

कांगड़ा। योग के माध्यम से ही स्वस्थ भारत की परिकल्पना को साकार किया जाएगा, केंद्र सरकार ने योगाभ्यास का संदेश जन-जन तक पहुंचाने के लिए कारगर कदम उठाए हैं। योग के महत्व को बताने के लिए और लोगों में इसके प्रति जागरूकता फैलाने के लिए हर साल अंतरराष्ट्रीय योग दिवस यानी इंटरनेशनल योग दिवस मनाया जाता है। यह खात केंद्रीय शिक्षा, कौशल विकास मंत्री धर्मेंद्र प्रधान ने अंतरराष्ट्रीय योग दिवस पर कांगड़ा किले में आयोजित योगाभ्यास कार्यक्रम में बतौर मुख्यातिथि व्यक्त किए। सामाजिक न्याय अधिकारिता मंत्री सरवीण चौधरी, वन मंत्री राकेश पटानिया, राज्य सभा सांसद इंदु गोस्वामी, सांसद किशन कपूर, जिला परिषद के अध्यक्ष रमेश बराड़, केंद्रीय विवि के कुलपति एसपी बंसल, एसडीएम नवीन तंवर सहित विभिन्न गणमान्य लोग उपस्थित थे।



कांगड़ा के ऐतिहासिक किला में अंतरराष्ट्रीय योग दिवस पर किया योगाभ्यास

The vision of a healthy India will come true only through yoga: Pradhan

SANJAY AGGARWAL
DHARAMSHALA, JUNE 21

The vision of a healthy India can be realized only through yoga. The central government has taken effective steps to take the message of yoga practice to the masses. International Yoga Day is celebrated every year to tell the importance of yoga and to spread awareness about it among the people. Union Education, Skill Development Minister Dharmendra Pradhan was interacting with the media during the Yoga practice program organized at Kangra Fort on the International Day of Yoga on Tuesday. He said that this year the theme of the 8th edition of International Yoga Day has been set as 'Yoga for Humanity', on this theme Yoga Day is being celebrated all over the world. He said that India is called 'Yoga Guru'. That is why the Ministry of AYUSH has chosen this special theme of



Yoga Day to be held worldwide on 21st June. He said that yoga is not only good for physical health but also for mental health. He said that yoga has also been included prominently in schools so that the younger generation can join Yoga and move towards a better future. He said that even in the times of Covid epidemic, the practice of yoga has given life to the people. He said that India has taken initiative to promote Yoga at international level and on the initiative of Prime Minister

Narendra Modi, initiative has been taken to celebrate International Day of Yoga, which will benefit not only the country but the whole world. Various dignitaries including Social Justice Empowerment Minister Sarveen Chaudhary, Forest Minister Rakesh Pathania, Rajya Sabha MP Indu Goswami, MP Kishan Kapoor, Zilla Parishad President Ramesh Brar, Central University Vice Chancellor SP Bansal, SDM Naaveen Tanwar were present on the occasion.

योग शिक्षा को पाठ्यक्रम का अनिवार्य हिस्सा बनाने की तैयारी : धर्मेंद्र प्रधान

संवाद न्यूज एजेंसी

धर्मेशाला। केंद्रीय मंत्री धर्मेंद्र प्रधान ने कहा कि केंद्र की मांदा सरकार योग शिक्षा को बाल-वाटिका से लेकर कक्षा 12वीं तक पाठ्यक्रम का हिस्सा बनाने की तैयारी कर रही है। योग वैकल्पिक नहीं, बल्कि अनिवार्य विषय के तौर पर शामिल किया जाएगा। उन्होंने कहा कि तनावपूर्ण जीवन में योग संजीवनी का काम कर रहा है और मानवता को स्वस्थ और निरोग बनाने में महत्वपूर्ण भूमिका निभा रहा है। इस दौरान उन्होंने कांगड़ा घाटी की खुशनुमा चादियों की भी

खूब प्रशंसा की। उन्होंने कहा कि अब वह दिन दूर नहीं जब हिमाचल को पर्यटन के अलावा योग भूमि के रूप में भी विश्व मानचित्र पर जगह मिलेगी। उन्होंने कहा कि कांगड़ा जिला योग के लिए शुरु किए गए 'गार्जियन रिंग' कार्यक्रम जैसे अभिनव प्रयोग का हिस्सा है। इस दौरान उन्होंने केंद्रीय विश्वविद्यालय हिमाचल प्रदेश की योग को अपने पाठ्यक्रम का हिस्सा बनाने के लिए सराहना की। केंद्रीय विवि के कुलपति प्रोफेसर सत प्रकाश बंसल ने इस दौरान कहा कि विश्वविद्यालय योग की धारा का प्रवाह निरंतर बढ़ाने में प्रयासरत है।

The central university of Himachal Pradesh has also organised an exhibition by departments of Visual Art., which has been inaugurated by the Hon'ble Minister of Education. He has appreciated the efforts of the Central University of Himachal Pradesh in bringing the local art in the forms of artefact's and paining and sculptures.



Later on the Hon'ble Minister of Education visited the Kangra Fort Museum and appreciated the efforts of the Archaeological survey of India. The programme ended with the vote of thanks to the dignitaries, participants and media. The media coverage of the event in local newspaper has been reflected in most of the newspapers and few of them are mentioned here.

A.K. Mahajan
Distt. Muz. Jm

Prof A.K. Mahajan
Nodal officer
IDY-2022
Central University of Himachal Pradesh