



# Chhatrapati Shahu Ji Maharaj University (formerly Kanpur University)



मिशन शक्ति अभियान के अंतर्गत आयोजित  
अंतरराष्ट्रीय योग दिवस पर आयोजित कार्यक्रम

दिनांक : 21 जून 2022  
समय : पूर्वान्ह 6:00



विवि रोज गार्डेन में योग करते सांसद सत्यदेव पचौरी व कुलपति विनय कुमार पाठक।





Dr. Ar and DM Visakh G Iyer taking part in Yoga on International Yoga Day at Green Park. Students of Sri Padampal Singhania Education Centre performing yoga.

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ish Mahana, while the yoga camp at Stadium on Tuesday cleanliness are most person to stay healthy. was the reason the ster Narendra Modi, on the need to place global horizon and e world was celebrat- in a big way. He said over the world it was aged with pomp and tainly not be wrong- people to remain d Mast' (healthy and I thus with a healthy nd work towards the l.

ing and meditative exercise to offer practitioners a unique holistic mind-body experience.

**IT DEPARTMENT:** Chief Income Tax Commissioner (UP West, Uttarakhand), Shishir Jha, while inaugurating the yoga session at Phool Bagh on Tuesday, appealed to entire officials and staff to religiously practice yoga. He said research had long since shown that yoga helps boost IQ. He said it can be used to increase memory, benefit health, co-ordination, reaction time and memory. He said academic performance was concerned with quantity and quality of learning attained in a subject or group of subjects after a long period of instruction. He said excessive stress hampered individual's performance and improvement in academic performance and alertness had been reported in several yogic studies as well. Dr Preeti Jain Das, SS Bhaduria, Anantharaman V Iyer, Sanjay Kumar Chaurasia, Ankit Tiwari and many more took part.

**CSA:** Yoga was practised in a big way at Chandra Shekhar Azad University of Agriculture and Technology and Vice-Chancellor, Dr DR Singh, addressing the participants said Yoga was a coordination between man and nature and said it was not alone a physical exercise but was also a search for inner peace and camaraderie a keen hunt for nature. He said Yoga helped us counter climate changes as it created awareness in one who practised it. He said June 21 is one of the longest day of the year. The entire faculty and a big number of staff and students took part in the great event.

**OPF:** General manager of Ordnance Parachute Factory, a unit of Gliders India Ltd, Sushil Kumar Sinha emphasised on the need for practising yoga and said in the current times yoga was 'Sanjeevani'. He said Yoga was meant for people of all ages. He said today it had also been proved that by practising yoga regularly one can counter all kinds of diseases. He said Yoga was much beyond mere physical exercise rather it led to holistic healing by restoring the balance of homeostasis hence prevention of disease and disorders. He said it also promotes healing, health and longevity and

said Yogis residing in Himalayas were a perfect example who not only survived but live for 100s of years under all adversities and scarcities purely on the basis of yoga sadhna. He said therapeutic potential of Yoga had been accepted and admired by modern medicine practitioners also.

**SPSEC:** Sir Padampal Singhania Education Centre celebrated Yoga Day in a big way on the campus. The session commenced with the welcome of Bhavika a yoga trainer. She had been rendering her services in the field of Yoga for more than a decade. Signifying the importance of yoga and meditation on International Yoga Day Bhavika reiterated that practice of yoga was necessary to clear energy channels, detox and heal harmful emotions. Principal Bhavna Gupta expressed her deep sense of appreciation to the management for encouraging the school to hold such empowering, awakening and enriching sessions from time to time. In all about 250 students, staff and stakeholders excitedly took part.

**ALIMCO:** The staff of ALIMCO performed Yoga under the guidance of Vinod Kumar Sharma in the premises on Tuesday. General Manager (Project and Commercial) Pravin Kumar and General Manager (Administration and Finance, Atul Rastogi) were present. Both of them emphasised the need to practice Yoga in a principled manner.

**CSJM UNIVERSITY:** Member of Parliament, Satya Dev Pachauri, inaugurated the Yoga session at the Chhatrapati Shahu Ji Maharaj University, on Tuesday and said the entire world doing Yoga on one particular day was a gift to India. He said our sages had promoted it which has been picked up by the world. Vice-Chancellor, Prof Vinay Mulkesh, addressing the gathering said it was the collective responsibility to embrace Yoga sensibly and said varsity had decided to make Yoga compulsory for students. He said on June 24 the University will again host another session of Yoga. He said this year the Vice-Chancellor, Prakash Pathak, Dr AK Yadav, Chief Proctor, Dr Pravin Katiyar, and Akanksha Bajpai were present.

IMA-KANPUR: The Indian Medical Association, Kanpur organised Yoga day at its Parade premises where the member doctors took part in yoga. Addressing the gathering president Dr Brajendra Shukla said it had been proved beyond doubt that yoga cured diseases like diabetes, heart problems, orthopaedic and gastrointestinal problems besides many other diseases to quite an extent. He said all those who regularly practice yoga, especially in morning, were always healthy. Dr VC Rastogi, Dr Gulshagafra, Dr PK Jain, Dr Dilip Agarwal and others took part.

**VSIPS:** The Virendra Swarup Institute of Professional Studies organised a special Yoga camp in the college premises where all students participated along with the faculty members. Principal Dr Poonam Madan, explained the importance of Yoga and appealed to each person to adopt Yoga to remain physically and mentally healthy. The special training session was conducted by Prof. Purnima Arora.

**MAHILA MAHAVIDYALAYA:** The students and faculty of Mahila Mahavidyalaya, took part in the special Yoga session conducted at Green Park Stadium. The college also conducted a virtual yoga session where Prof Rajeev Chaudhary performed yoga and the students participated. Spokesperson for Yoga, HoD of Physical Education Dr Deepali Nigam said Yoga had umpteen benefits, especially related to mind and body and thus in this stressful world it was highly essential to practice yoga and keep one's body and mind healthy. Principal Dr Anju Chaudhary welcomed the guest and advised the students to adopt yoga in their lives.

**CANARA BANK:** The Canara Bank, Regional Office observed Yoga Day on Tuesday. AGM Mukesh Malhotra while addressing the participants said today the whole world had come to realise that yoga was highly beneficial for both mental and physical health. He advised bank staff and officials to practice yoga regularly to remain healthy. He said this year the President of International Yoga Day was "Yoga for Humanity". The entire staff and officials took part in various asans.

## Steps on to restore glorious past of Kanpur city'

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asion of International Day, Kanpur t Authority (KDA) e programme at 75 e city, including its f in different housing n Tuesday. At the arden developed by nga Barrage, all of its employees took part in , MP Devendra Singh



KDA Vice-Chairman Avind Singh (left) and Devendra Singh Bhole. MP Iyer is practising yoga.

to restore the glorious past of Kanpur city. Apart from planned development of the city, there were plans to develop it as a tourist place also. He said in the Botanical Garden developed by KDA on the bank of the Ganga, efforts were on to set up naturopathy, ayurved, meditation, satsang bhavan, yoga kendra, food court, golf course etc. to develop it as a beautiful picnic spot for citizens. Other prominent places where the Yoga Day was organised included Boat Club,



## सीएसजेएमयू में स्टूडेंट्स ने किया योग

सीएसजेएमयू में भी मंगलवार को योग दिवस मनाया गया. अध्यक्षता वीसी प्रो. विनय कुमार पाठक ने की. मुख्य अतिथि सांसद सत्यदेव पचौरी रहे. रोज गोर्डन में हुए आयोजन में 600 से अधिक लोग शामिल हुए. इसमें स्टूडेंट्स भी शामिल हुए. आयुर्वेदार्च्य डॉ. वंदना पाठक ने लोगों को नियमित सूर्य नमस्कार करने की अपील की. इस मौके पर रजिस्ट्रार डॉ. अनिल कुमार यादव, समन्वयक डॉ. रामकिशोर, डॉ. आशीष दुबे, डॉ. दिग्विजय शर्मा, डॉ. प्रवीन कटियार आदि मौजूद रहे.

## **International Yoga Day**

CSJMU's mission shakti participated in organizing a morning yoga session in rose garden of CSJMU campus with around 600 participants, students, and teachers on the occasion of yoga day on 21-6-2022. Shri Satyadev Pachauri was the chief guest of the program. Honorable chancellor Prof Vinay Kumar Pathak, Pro Vice chancellor Prof. Sudheer Kr Awasthi, Ayurvedacharya madam Dr. Vandana Pathak, Registrar Dr. Anil Yadav, Dean Student Welfare Prof. Sanjay Swarnkar, mission shakti nodal officer, Dr. Anuradha Kalani and mission shakti asst nodal officer, Dr. Rashmi Gore, and program convenor Dr. Digvijay Sharma, and Dr, Praveen Katiyar was present and participated in Yoga activities. The message of performing regular surya namaskar and yoga was conveyed to the participants.