

Jiwaji University, Gwalior

5TH International Yoga Day Celebrations,

21st JUNE 2019-Report

Sl. No.	Name of Institution	Location of Institution	Programmes Held	Whether all activities with Audio / Video / Photographs have been uploaded as per enclosed MP Govt.'s communication
01.	Jiwaji University Gwalior	Gwalior-474011	Vivekanand Uddyan, University Campus	Yes enclosed

Jiwaji University, Gwalior

The International day of Yoga was celebrated with great enthusiasm at Jiwaji University, Gwalior, for consecutive fifth time under the leadership of Prof. Sangeeta Shukla. The Dean, Student Welfare and Coordinator, Centre for Yogic Science had organized various events throughout the month of June. On 21st of June, a 548 participants including faculty members, office bearers, staff members, prominent members of the city, students and regular registered society people for free University Yoga Sadhana Kendra, attended the programmes. The event was inaugurated by Prof. Sangeeta Shukla, Vice Chancellor, Jiwaji University, Gwalior; Dr. I. K. Mansoori, Registrar, Jiwaji University, Gwalior, Dr. K. S. Gurjar, DSW, Jiwaji University, Gwalior and Prof. Sushil Kumar Gupta, Coordinator, Centre for Yogic Science, Jiwaji University, Gwalior. The programme was started with Madhya Pradesh Gaan followed by common yoga protocol (CYP) which was conducted by Prof. Sushil Kumar Gupta. The CYP started with common loosening practices followed by Asanas, Pranayamas, Kriya, Dhyan. The yoga practice session ended with

“SANKALP” taken by all participants. Glimpses of programmes are shown below. The programme ended with vote of thanks delivered by Dr. K. S. Gurjar.









विवेकानन्द उद्यान, जीवाजी विश्वविद्यालय, ग्वालियर (म.प्र.)

समय : 6:30 बजे से 8:00 बजे तक

21 जून 2019

