

## **Celebration of 5th Annual International Yoga day at IUHP – June 21, 2019**

The fifth Annual International Day of Yoga was celebrated at ICFAI University, Baddi on Friday, 21 June, 2019. Yoga Guru Mr. Narendar Kumar conducted the event between 1115 hours to 1300 hours. Hon'ble Vice-Chancellor Prof. (Dr.) H P Singh (VSM), Respected Registrar Brig. Ashwini Kumar Sharma, all faculties and staff members participated in the event with great enthusiasm.

The Yoga Guru informed that Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Yoga Guru demonstrated various asanas followed by Omkar Chanting. Warm up exercises were done and then all participants performed sitting and standing asanas; importance of these were explained simultaneously. He gave few tips on acupressure and advice on how to keep the mind controlled and calm.









