

INTERNATIONAL YOGA DAY

NEW HALL OF GIRLS' RESIDENCE

"The only way to experience true wellbeing is to turn inward. This is what yoga means—not up, not out, but in. The only way out is in." – Sadhguru

The word "Yoga" literally means union. It is a system of raising human ability to perceive, to enhance, individual human beings to realize their ultimate nature. Yoga is the most profound exploration of the very mechanics of life. As part of worldwide observation of International Yoga Day 2016, New Hall of Girls' Residence in collaboration with Games and Sports office, Jamia Millia Islamia, New Delhi, observed this day on June 21 in its lawns with the theme "Yoga for Harmony and Peace".

In the early morning hours, the 2nd International Yoga Day which was initiated, pioneered, emphasized and advocated by Honorable Prime Minister of India, Sri Narendra Modi, was celebrated with great fervor and enthusiasm. Yoga sessions of around one hour were organized by the administration and supporting staff three days before the event to educate and carry out various 'asanas' of Yoga and 'pranayama'. A Yoga practitioner (Guru) was invited to demonstrate various Yoga postures and explain correct way of performing asanas. He said that Yoga is the scientific way of living healthy and increasing life expectancy. It keeps the physician away and helps various parts of the body perform their functions smoothly and in proper coordination. It strengthens the immune system and internally cleanses the blood, body parts, organs, veins & arteries. Curious minds kept the Guruji engaged with multiple questions on

Yoga right after the daily session. Some were surprised after listening to the innumerable benefits of inculcating Yoga as a part of the daily life.

After three days of practice, the residents of the hostel put up a good show on 21st June for the News channel reporters that had arrived minutes after the celebration began. The reporters questioned several girls on their opinion on the matter and captured recordings of the day. Finally the Guruji took leave, thanking; his noble job being done. The morning wrapped up with the bright sun high in the sky, bestowing its rays upon residents of the hostel just as the blessing of the newly learnt art named Yoga.












