



# MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

( UGC - AUTONOMOUS )

Approved by AICTE, New Delhi and Affiliated to JNTUA, Anantapuramu

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Ref: MITS/NSS CELL/2020-21

21-06-2021

To

Dr. B.Chandra Mohana Reddy  
NSS Programme Co-Ordinator  
JNTUA, Ananthapuramu

Sir,

Sub: MITS-NSS CELL- Submission of the report on International Day of Yoga on  
21<sup>st</sup> June 2021- Reg.,

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With reference to the subject cited above, we are herewith sending the activities that are organised at our Institute on the International Day of Yoga on 21<sup>st</sup> June 2021. On this occasion, 70 Students, Teaching and Non-teaching Staff participated through online celebrations.

We enclosed the detailed report of the same for your kind consideration.

Thanking You.

Yours sincerely,

(Dr. C. Yuvaraj)

PRINCIPAL

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Madanapalle Institute of Technology & Science  
Plot NO 14, Kadin Road, Angallu  
MADANAPALLE 517 325 A P



**NSS CELL**  
**MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE**  
**International Day of Yoga Celebrations**

The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India. The Indian Prime Minister, Narendra Modi, in his UN address in 2014, had suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

The idea of an International Day of Yoga was first proposed by the current Prime Minister of India, Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on 27 September 2014.

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with your-self, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Let us work towards adopting an International Yoga Day.

On 11 December 2014, India's Permanent Representative Asoke Mukherji introduced the draft resolution in the United Nations General Assembly. The draft text received broad support from 177 Member States who sponsored the text, which was adopted without a vote. This initiative found support from many global leaders. A total of 177 nations co-sponsored the resolution, which is the highest number of co-sponsors ever for any UNGA resolution of such nature.

When proposing 21 June as the date, Modi said that the date was the longest day of the year in the northern hemisphere (shortest in the southern hemisphere), having special significance in many parts of the world. From the perspective of yoga, the summer solstice

marks the transition to Dakshinayana. The second full moon after summer solstice is known as Guru Purnima. Shiva, the first yogi (Adi Yogi), is said to have begun imparting the knowledge of yoga to the rest of mankind on this day, and became the first guru (Adi Guru).

Following the adoption of the UN resolution, several leaders of the spiritual movement in India voiced their support for the initiative. The founder of Isha Foundation, Sadhguru, stated, "this could be a kind of a foundation stone to make scientific approach to the inner well-being of the human being, a worldwide thing... It's a tremendous step for the world." The founder of Art of Living, Ravi Shankar, lauded the efforts of Modi, saying, "It is very difficult for any philosophy, religion or culture to survive without state patronage. Yoga has existed so far almost like an orphan. Now, official recognition by the UN would further spread the benefit of yoga to the entire world."

In view of the International Day of Yoga, the NSS cell was organized events through online mode.

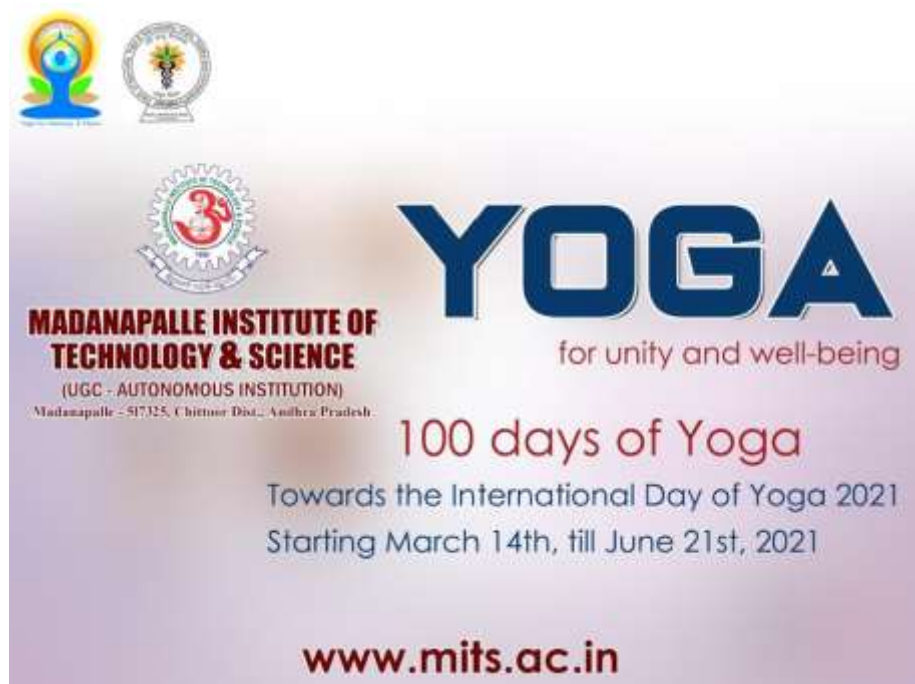


Report on the Yoga events at Madanapalle Institute of Technology & Science, Madanapalle

Number of events taken place = 5

1. Event name: 100 days of Yoga

- Starting date: 14 March 2021
- Ending date: 21 June 2021
- Number of students registered > 45
- Leaflet



2. Event name: Special Guest Webinar

- Guest lecture title: **YOGA – The silent soldier to fight against COVID-19**
- Invited speaker details:
  - Dr. S. Selva Lakshmi  
Head, Department of Yoga,  
Tamil Nadu Physical Education and Sports University, Chennai.
- Event date: 19 May 2021
- Event time: 11 A.M.
- Mode – Online through Microsoft Teams
- Leaflet



Special Guest Webinar  
**YOGA – The Silent Soldier to Fight Against COVID 19**  
 WEDNESDAY, MAY 19 at 11 A.M. IST

**YOGA**  
 for unity and well-being

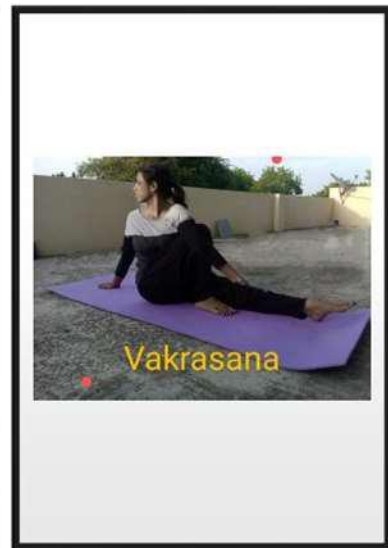
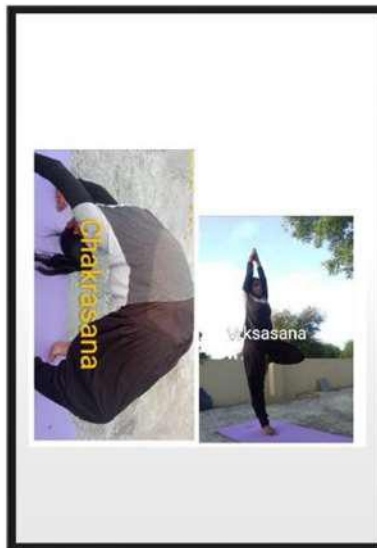
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 (UGC - AUTONOMOUS INSTITUTION)  
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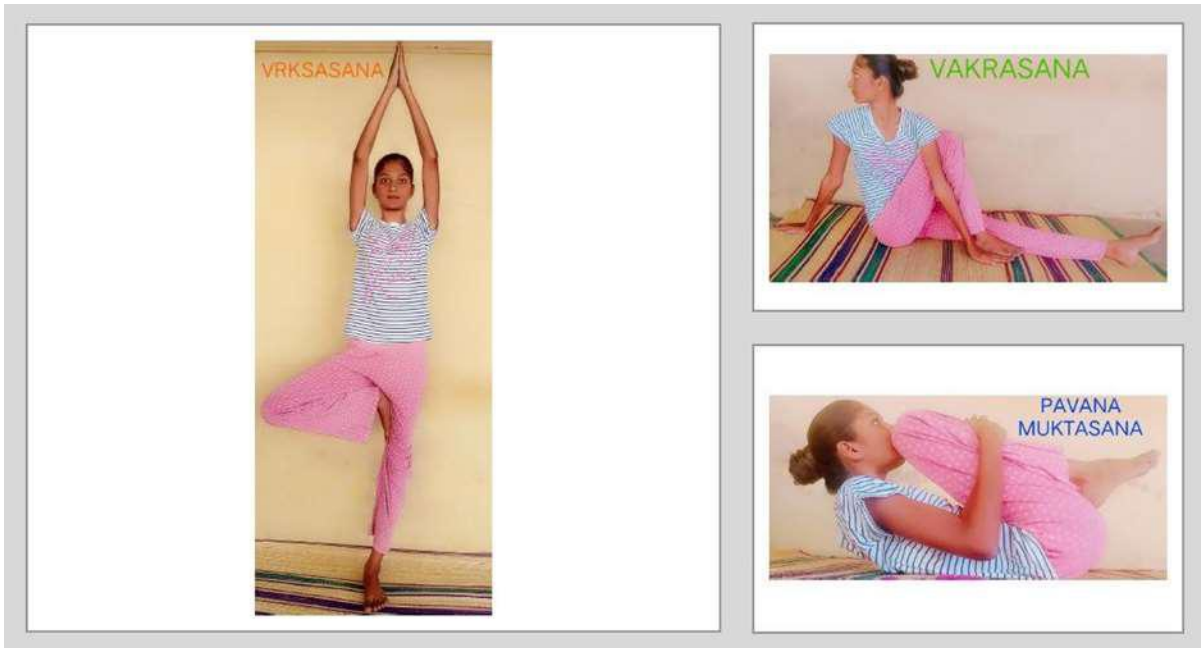
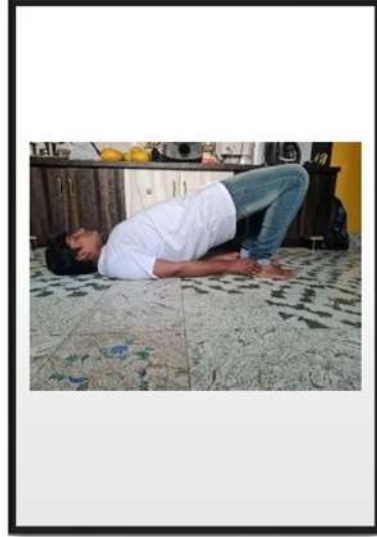
**100 days of Yoga**  
 Towards the International Day of Yoga 2021  
 Starting March 14th, till June 21st, 2021

**Speaker**  
**Dr. S. SELVALAKSHMI** Ph.D. in YOGA  
 HEAD, DEPARTMENT OF YOGA, TNPESU

On this occasion Dr. C. Yuvaraj, Principal, MITS, Dr. G. Hampamma, Vice-Principal, Mr. V. Maruthi Prasad, PRO, MITS and Mr. P. Rajesh, NSS Programme Officer were attended and given inspirational speeches on Yoga and its importance. And also student volunteers have given their views towards Yoga and practiced different yoga asanas at their respective places. Some screenshots of program are furnished below.







**Report prepared by**

**Mr. Pujari Rajesh  
NSS Program Officer  
NSS Cell, MITS  
Madanapalle**