



उड़ीसा केंद्रीय विश्वविद्यालय, कोरापुट

(केंद्रीय विश्वविद्यालय अधिनियम 2009 के तहत स्थापित)

Central University of Orissa, Koraput

(Established Under the Central Universities Act, 2009)

Central University of Orissa observed International Yoga Day

Press Release

Date: 21.06.2015

The first Annual International Yoga Day was observed in a befitting manner by the Central University of Orissa on its campus at Landguda, Koraput, to mark the first annual International Yoga Day. A modern celebration of the ancient Indian discipline a yoga session was organised by the University. Prof. Talat Ahmad, Vice-Chancellor of the University conveyed a message for "International Yoga Day" celebration to be organised in a great and befitting manner. Accordingly Yoga practice was organised under the guidance of Prof. Kishore Chandra Raut, Dean-Academics of the University who also is an ardent follower & a Yoga expert. The session was highly inspirable in the morning, today.

Prof. Rout explained that the art of practicing yoga helps in controlling an individual mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind, it helps to manage stress and anxiety and keep you relaxed. It also helps in increasing flexibility, muscle strength and body tone. It improved respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move. He demonstrated different Assan and Pranayam which can be practiced regularly in a daily family life.

Colonel Rajive Singh Chauhan, the Registrar of the University has explained the ultimate goal of yoga is, however, to help the individual to transcend the self and attain enlightenment. He gave the some examples of Munis & Rishis of Ancient India. He also pointed out that many Islamic countries also supported the move to have a special day for yoga.

The UN General Assembly declared June 21 as the International Day of Yoga following a proposal by Hon'ble Prime Minister Shri Narendra Modi during his speech at the UNGA on September 27 last year. The resolution for the Yoga Day was cosponsored by 175 of the 193 member nations in a short period of 75 days.

As per the direction of UGC, the Yoga session has been organised to mark the International Day of Yoga in the University in a befitting manner.

All the staff of the University were present on the yoga session. Colonel Rajive Singh Chauhan, the Registrar of the University extended his thanks to Prof. Rout and all the staff members of the varsity to make the programme a great success.

(Colonel R.S. Chauhan)
Registrar

MAIN CAMPUS:

CENTRAL SILK BOARD BUILDING, LANDIGUDA, KORAPUT- 764 020, ODISHA

PH: 06852-288210, FAX: 06852-288225, WEBSITE: www.cuo.ac.in



उड़ीसा केंद्रीय विश्वविद्यालय, कोरापुट

(केंद्रीय विश्वविद्यालय अधिनियम 2009 के तहत स्थापित)

Central University of Orissa, Koraput

(Established Under the Central Universities Act, 2009)

CENTRAL UNIVERSITY OF ORISSA OBSERVED INTERNATIONAL YOGA DAY

Date: 21.06.2015

Venue: University Campus, Landiguda, Koraput-764020, Odisha



MAIN CAMPUS:

CENTRAL SILK BOARD BUILDING, LANDIGUDA, KORAPUT- 764 020, ODISHA

PH: 06852-288210, FAX: 06852-288225, WEBSITE: www.cuo.ac.in