

# Central University of Orissa observes 3<sup>rd</sup> International Day of Yoga

The Central University of Orissa celebrates 3<sup>rd</sup> International Day of Yoga in a befitting manner at its Landiguda campus, Koraput on 21.06.2017. Prof. Sachidananda Mohanty, Vice-Chancellor of the University inaugurated the programme as Chief Guest and delivered the inaugural address. Dr. Amulya Ranjan Mohapatra, founder of the Rama Krishna Mission, Koraput and notable educationist attend the programme as an Yoga expert along with Sh. Birendra Prashad, retired yoga teacher, Central School, Raipur.



Prof. Mohanty said Yoga is the best of India's ancient tradition and knowledge systems. It ensures all-round health: physical, mental, moral and spiritual parts of our being.

The programme was started with the introductory address by Prof. Mohanty, Hon'ble VC of the University. He said "There is a great vision behind the yoga and we need to understand it. Through yoga we can learn to expedite our work and use our time for other achievements in our life. Yoga



teaches us how to mastery on self awareness and self control and these will give us *Swaraj* and *Samraj*". "We need to start everyday with a fresh thinking, we must have a sacrificing life to be successful. When every follower will be a leader the institution will grow in a rapidly" he added in his address.

Dr. Amulya Ranjan Mohapatra, a yoga expert of the region delivered the lecture on benefits of Yoga and recited his poem on Yoga. He also demonstrated some simple *asanas* like *padmasana*, *sokasana*, *sabasana*, *birasana*, *bhamari pranayam* and *kapalbhati* for daily practice. Sh. Birendra Prashad, an ardent Yoga expert demonstrated various Yoga *asanas* for practice of the University community. He demonstrated *Asanas* like *Kapalbhati* for curing of diabetes, *anulama bilama* for blood pressure and *Pranayams* like *Kumbhaka pranayam*, *Nadi shodha pranayam* and *Surya namashkar* and explained how this *Asanas* and *pranayams* are helpful to strengthen physical and mental health and also in curing the different diseases. He also describe that Yoga is a way to get *moksh* – the spiritual content in life.



Under the auspices of the MHRD and the UGC all the central higher education institutions of the country are celebrating the 3<sup>rd</sup> International Day of Yoga today as a part; the CUO also celebrates the auspicious day. 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.



All the staff and students of the University were present at large number on the yoga session and participated enthusiastically.

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