



Central University of Orissa observes International Yoga Day 2016



The second Annual International Yoga Day was observed in a befitting manner by the Central University of Orissa in its campus at Landguda, Koraput, to mark the second International Yoga Day-2016. Prof. Sachidananda Mohanty, Vice-Chancellor of the University conveyed his message for 'International Yoga Day' celebration organised in a great and befitting manner. 'I am happy that Central University of Orissa under the auspices of the MHRD and the UGC is celebrating the International Yoga day on 21st June 2016. Yoga is an important activity in Central University of Orissa. It constitutes the best of India's ancient tradition and knowledge systems. It ensures all-round health: physical, mental, moral and spiritual parts of our being' he said in his message.



The programme was started with the introductory address by Prof. K. C. Raut, Dean Academics followed by Yoga practice demonstrated by Sh. Gokul Chandra Pradhan, an ardent Yoga expert of the region. Different *Asanas* of Yoga

were demonstrated. He explained the benefit of different *Asanas* and *Pranayams* how this *Asanas* are helpful to strengthen physical and mental health and also in curing the different diseases.

A short film 'Yoga for Life' was screened where different *Asanas* and their benefits were displayed for the bingers after the Yoga session. Literature on Yoga has been distributed among the participant.

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.

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

