

## **JSS Academy of Higher Education & Research, Mysuru**

### **NATIONAL SERVICE SCHEME**

#### **REPORT OF 4<sup>TH</sup> INTERNATIONAL YOGA DAY CELEBRATION**

National Service Scheme (NSS) Unit of JSS Academy of Higher Education & Research, celebrated 4<sup>th</sup> International Yoga day on 21st June 2018 in a befitting and meaningful manner by the constituent colleges and departments. The program was started in afternoon 2 PM. The invocation song was sung by Ms. Poojitha and Ms. Gayathri 2<sup>nd</sup> term MBBS student of JSS Medical College. Dr. Vinitha KR, Asst Prof, Dept. of Physiology welcomed the dignitaries. Dr. Raghuram Ram Achar, NSS Program Officer introduced the chief guest of the function Yoga Rathna Sri. Mukundan K S, a renowned yoga teacher & trainer of Mysore. Inauguration of the workshop was made by lighting the lamp. Yoga Rathna Sri. Mukundan K S delivered a lecture on benefits of yoga. Yoga is useful to overcome the stress in today's busy lifestyle. Yoga is an invaluable gift of Indian tradition. It embodies unity of mind and body, thought and action, harmony between man and nature. He also mentioned that the yoga will bring all the religions together which can bring peace and harmony in the society. Training workshop on yoga was also organized after the lecture. More than 75 members including teaching and non-teaching faculties and NSS Volunteers participated in the programme. The following yogasanas were organized in the workshop- Utkatasana, Trikonasana, Padottanasana, Bhujangasana, Shalabhasana, Dhanurasana, Baddha konasana, Paschimottanasana, Poorrottanasana, Pawanamukhtasana, Sarvangasana, Halasana, Matyasana, Vajrasana, Shashankasana, Supta Vajrasana, Ushtrasana, Padmasana, Yoga mudrasana, Makarasana and Shavasana. All asanas were demonstrated by yoga trainer. All the participants were enlightened with the specialized skills like stress management, yoga therapy and meditation, personality development, counseling, enrichment of life skills and values. Dr. Bharath T, Assistant NSS Officer, JSS Medical College proposed the vote of thanks.

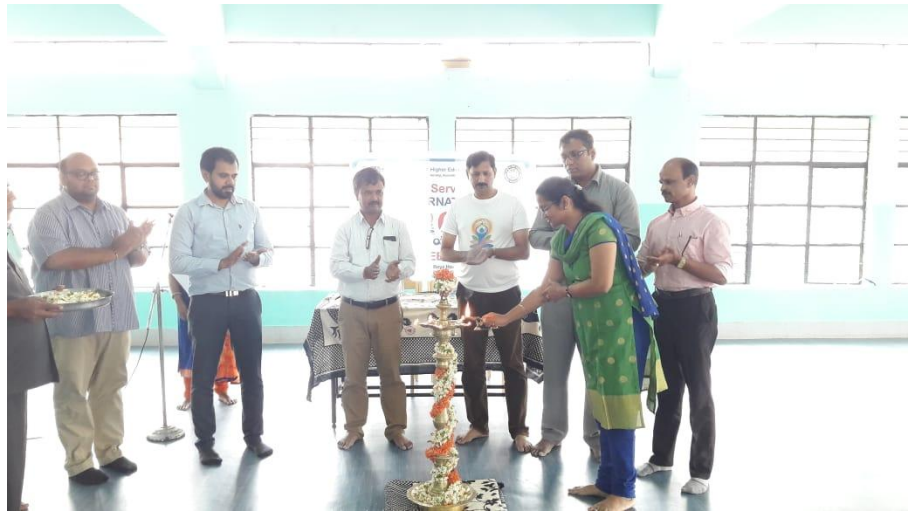
S/d

Dr. K L.Krishna

NSS Program Coordinator

JSS Academy of Higher Education & Research

Mysuru



Inauguration of International Yoga day celebration



