

GURU NANAK COLLEGE OF EDUCATION

B.Ed. Programme

CO- CURRICULAR ACTIVITIES

WORKSHOP

Batch: 2021-23, 2022-24

Semester: IV, II

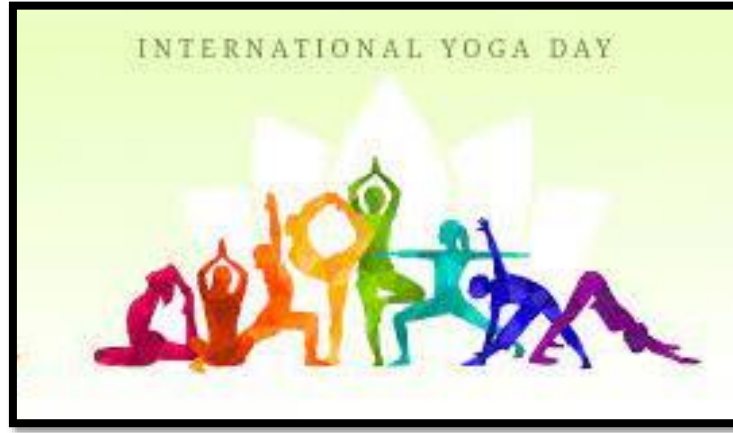
TITLE: Yoga

RESOURCE PERSON: Dr. Charu Sethi

DATE: Proposed for the month of March

TIME: 1:00 pm onwards

VENUE: Assembly Area, GNCE



Yoga is a physical, mental, and spiritual practice that originated in India. The word “yoga” comes from Sanskrit, meaning “to join” or “to unite.” Today, yoga is an extremely popular form of exercise around the world, where those taking part often do different poses to achieve better control over their body and mind.

Guru Nanak College of Education has proposed to celebrate the Yoga Day in the month of February 2023 with the aim to spread awareness of the many physical and spiritual benefits yoga has brought to the world. Each year, there is a different theme for the event.

The theme of International Yoga Day 2023 is “Humanity.” Past themes include “Yoga for Heart,” “Yoga for Peace,” and “Yoga at Home... Yoga with Family.” On September 27, 2014, during his speech at the UN General Assembly, Prime Minister Narendra Modi put forth his suggestion for the occasion of a ‘Yoga Day’. The draft resolution proposed by India was then endorsed by a record 177 member states. The first International Day of Yoga was observed around the world on June 21, 2015.

PM Modi ji, during his speech at the UNGA, said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; 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 yourself, 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."