

2016

International Yoga Day



**Jaipur Engineering College
& Research Center, Jaipur**
observing



**INTERNATIONAL
YOGA DAY
21st JUNE**

Venue: C-Block, JECRC Campus, Jaipur

Jaipur Engineering College
& Research Centre, Jaipur

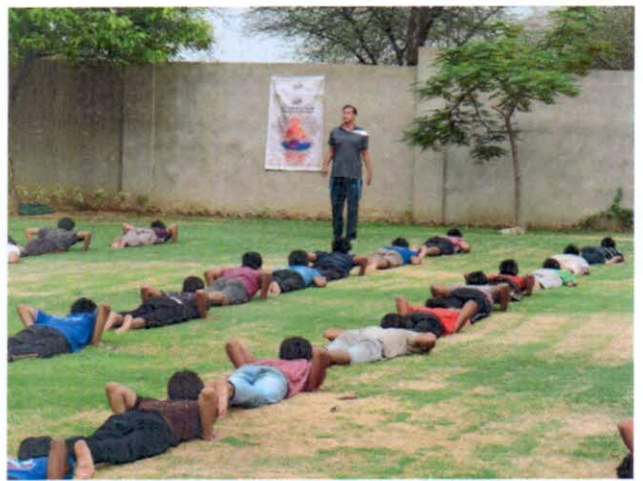
6/21/2016

International Yoga Day celebrations at JECRC, Jaipur

Jaipur Engineering College and Research Centre, Jaipur celebrated the International Yoga Day on 21st June 2016 in the college premises. There were 3 events organized successfully in the morning session.



The inauguration of the day started in morning at 6 am in C-block lawn, with key note delivered by Ms. Chitra, Meditation Guide, emphasizing on the importance of Yoga. The event witnessed 130 students of JECRC collectively performing various yoga-asana instructed by Dr. Rajesh Sharma, Sports' Instructor, JECRC. The yoga-asana was followed by Surya Namaskar towards the rising Sun. Yoga trainer, Ms. Aakanksha continued the session with deep breathing & relaxation exercises. The session was concluded by pledge for '5mins daily for self'.



In the second event organized for teaching faculties. Mr. Mukesh Agarwal, Rajyoga meditation practitioner, keyed up the session by interactive session of exercises and Yoga-asana. Mr. Mukesh said, “Our mind is the most resourceful and powerful tool which when befriended can establish wonders”. The exercises were followed by Om-chanting and a beautiful meditation realizing mind’s amazing abilities. The session was graced by 60 faculty members of various departments, lasted for 45mins & concluded with a huge applause.



In the final event organized for the non-teaching staff was initiated by Ms. Chitra. "Our body is like axe. It is very important to sharpen this axe daily if we want its efficiency to increase", quoted Ms. Chitra highlighting the need of yoga for body in everyday lives for healthy living. Various yoga-asana were followed by pranayama, deep breathing and stress releasing exercises by Ms. Aakanksha & Ms. Chitra. The session ended with brief meditation experience and a thanks giving note. There were 40 participants in this event and everyone appreciated the event.



The Yoga day celebrations' feedback & keen interest of participants show need for organizing such events in regular schedule.