

2019

International Yoga Day



Yoga for Harmony & Peace

Spiritual Research Cell,
JECRC, Jaipur
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Report on International Yoga Day

Yoga is believed to find its roots in the Indian mythological era. It is said that it was Lord Shiva who gave birth to this art. Also known as Adi Yogi, Shiva is known to be the inspiration for all the yoga gurus around the world.

More commonly, it is believed that it was the Indus-Sarasvati civilization in the Northern India that initiated this brilliant art as many as 5,000 years ago. It is the Rig Veda that is said to have mentioned this term for the first time. However, the first systematic presentation of yoga is said to be done by Pantanjali in the classical period. Practicing yoga is one of the ways to grow into a better human being with a sharp mind, a good heart and a relaxed soul.

On the Occasion of the Fifth International Day of Yoga, Jaipur Engineering College and Research Centre organized Yoga Promotion and awareness events at two venues within the college premises.



The first event was organized at Spiritual Research Cell of JECRC in which Yoga was performed under the guidance of Yoga practitioner Piyush Manti. Various asana and pranayama were performed followed by Om Chanting. He also shared the importance and benefits of each and every asana and pranayama. This event was attended by about ten students and ten faculties.

