

P S P S's
INDIRA INSTITUTE OF PHARMACY
A Report on "International Yoga Day"
Date: 21/06/2022

The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India. The Indian Prime Minister, Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

Yoga means Sanskrit: योग, lit. 'union' (with cosmos) which signifies a way of uniting an 'individual self' (living being) consciously with Cosmos in which individual is part of. According to Hindu legends, Shiva is considered to be the originator of yoga. He is said to be the Adiyogi, the first yogi (adi = "first"). Summer solstice holds importance in the yogic culture as it is considered to be the very beginning of the yoga. Yoga was brought to the people by the "Saptarishis". The Vedas explain how Shiva's second teaching as a Adiyogi was devoted to the Saptarishis. It is said that Shiva was sitting in blissful meditation for years, many people flocked to him out of curiosity, but left as he never paid attention to anyone. But seven people stayed, they were so determined to learn from Shiva, that they sat still for 84 years. After this, on the day of summer solstice, when the sun was shifting from the northern to the southern run, Shiva took notice of these 7 beings - he could no longer ignore them. The next full moon, 28 days later, Shiva turned into the Adiguru (the first teacher), and transmitted the science of yoga to the Saptarishis.

Indira Institute of Pharmacy organized yoga prakar at 8:45 am in the machine room of the institute. Mr. P.B.Gurav, HOD and faculty of Pharmaceutics department explained the importance of yoga in day today life and he demonstrated some of the yoga prakar which were then done by the students as well as faculties. First year B.Pharm students took active participation in the event and it was organized by NSS cell of the institute.

Event Photographs



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