



Department of Physical Education & Sports
Government Degree College

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Press Release

7th INTERNATIONAL YOGA DAY, 2021

Department of Physical Education & Sports in collaboration with EBSB club, Govt. Degree College Vailoo Larnoo organized a Webinar on "Inculcation of Values through Yoga" to commemorate 7th International Yoga day on 15th of June, 2021 under the Banner of

"AZADI KA AMRIT MAHAUTSAV"

The event began with a formal welcome address by worthy Principal, Dr Naseer Hussain who in his presendial address deliberated on the spread of Covid 19 and the havoc created by the pandemic worldwide. He emphasized that what we know till date is that Immunity of the host is an essential requisite to facilitate the eradication of infections. Worthy Principal of the college also said that, to achieve this essential requisite "Immunity" Promoting healthy lifestyle is a way forward and Yoga is welcomed world over for its health promoting & wellness creating aspects. Research over decades has shown the efficacy of practicing yoga including meditation in establishing and promoting healthy lifestyle Vis – a viz for providing a holistic framework for the health of individuals.

Syed Tariq Murtaza, PhD, Professor at Aligarh Muslim University, the guest speaker of the event stressed out that since scientific evidence has indicated the physical, social and psychological benefits of yoga. An extensive literature is available on these aspects of yoga, but little is known about how yoga can help in cultivating values, that are closely integrated with human life. He further said that the theme of the webinar that happens to be one of the objectives of NEP, 2020 will be a way forward in discussing how to develop morally upright individuals.

Prof. Murtaza talked about the myopic vision of yoga and stressed that yoga has nothing to do with theology and everything to do with humanity. He broadly discussed the fundamental ethical precepts "YAMAS" and "NIYAMAS" that can be looked at as universal mortality and personal observances. While concluding, Prof. Syed Tariq Murtaza stressed that yoga has the ability to direct the inculcation of values & provides a rational solution to achieve the 2030 agenda for sustainable development goals adopted by all United Nations Member States.

The event saw an overwhelming response from participants in which almost 100 participants across the country took part. The proceedings of the webinar were conducted by Raof Ahmad Bhat, Head Department of Physical Education & Sports and concluding remarks were given by Firdose Ahmad Mir, Assistant Professor EVS by thanking the guest speaker, faculty members and participants from different colleges and universities.

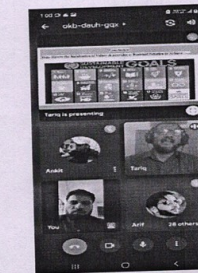
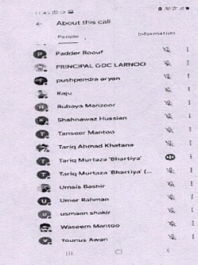
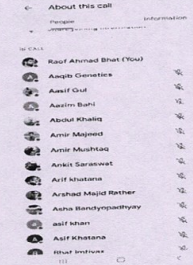
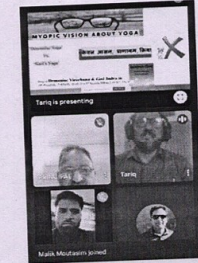
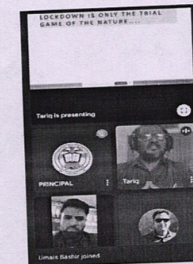


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