

# Best Practice – 1

**1. Title of the practice:** Celebration of second International yoga day on 21-June-2016 in the college campus.

**2. Objective of the practice:** To inculcate awareness about spiritual discipline along with physical health and fitness among the students of the college and the society at large.

**3. Context of the practice:** People have been practicing yoga for over 5000 years now to keep themselves healthy and fit. Yoga boosts mental and physical health and improves the overall well-being. The United Nation declared June 21 as the International Yoga Day in 2015, and since then the college has been celebrating the day in the campus on a grand level.

**4. The Practice:** Following the guidelines provided by the central and state governments, the college celebrated the second International Yoga Day on 21-June-2016. It's a matter of great pleasure and pride for J.S.Hindu P.G. College Amroha to have organized the biggest event on this occasion in the district headquarters of Amroha. A grand Yoga and Pranayama camp was organized within the college campus. A large number of students practiced yoga under the guidance and instructions of Shri Monu ji, the instructor and Yogacharya of Patanjali Yogapitha Haridwar. He taught how to perform different Yogasanas and pranayam. Preeti Arya gave a practice of Anulom-Vilom, Kapalbhathi, and Bhastrika. Shri Ramsaran Arora and Bhishm Arya gave instructions about Acupressure and Naturopathy. The Principal Dr. Vandana Rani Gupta and staff members, made all the necessary arrangements for the event. Sri Jaigopal Maheshwari, the Chairman of the managing committee, Shri Sumat Kumar Jain, the Secretary, managing committee, Sri Ramesh Agarwal, the Patron managing committee and various committee members graced the occasion and inspired the students to observe the day with great zeal and zest.

**5. Evidence of Success:** Mass involvement of students, staff members and members of managing committee of the college is an evidence of successful celebration of the event. The entire sequence of the events during the celebration of Yoga Divas was snapped by the photographer and covered by various newspapers.

**6. Problems encountered and resources required :** The committee for organization of the Yoga Divas was responsible for arranging the required material. The responsibility for the setting of pandal and stage was given to a separate committee. Internal resources were mobilized for the purpose. No problems were encountered during the organization of the event.