

Report on celebration of 5th International yoga day-2019

The programme was conducted in **2 phases** as follows

- I. **A training** on “Common yoga protocol for IDY” along with **CME** on “Yoga as Holistic Science” was conducted on **17th June 2019**.

The programme was inaugurated by the Medical Superintendent. Total 50 delegates participated in this programme. Yoga trainers and Yoga aspirants were trained on Common Yoga protocol. Researchers and scholars presented their experience and works done on effect of Yoga on different diseases. Faculties from AIIMS, Bhubaneswar delivered relevant lectures on anatomy, physiology, rehabilitations and principles of Yoga. The Director distributed the certificate of participation and scientific presentation in the valediction session.

- II. *The 5th International was celebrated on **21st June 2019** in a grand manner.*

The morning started with “**Yogathan**” by the involvement of Faculty members, Officers, staffs and students to aware the public and patients about the day and its importance. This was followed by a **mass yoga demonstration** among the public as per the Common Yoga protocol of Ministry of AYUSH, govt. Of India. To have a harmonious life with nature, all the yoga aspirants joined the **Vrikshya Ganga Abhiyan** (plantation of herbal and medicinal plants) inside the campus.

The campus was further charged with the positive vibration by the divine message of Swami Sradhananda Saraswatiji of Arya Samaj, who was the chief speaker of the auspicious **cultural and spiritual occasion** in the evening. All dignitaries (Director, Medical Superintendent, Dean, Deputy Director Administration and Registrar) delivered their messages and essence of Yoga to further motivate the audience. The hall took the full joy of divine songs, yogic and Odishi dance performed by the eminent artists.