

2021

International Yoga Day



Yoga for Harmony & Peace

Spiritual Research Cell,
JECRC, Jaipur
6/21/2021

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 Seventh International Day of Yoga, Jaipur Engineering College and Research Centre organized physical yoga session within the college premises for the faculty members.

Yoga is best performed under the guidance of an expert yoga trainer. It's our privilege that Certified Yoga Trainer, Mrs. Varsh Choudhary conducted the yoga session. She is a company secretary at Veto Switchgers and cables Limited and a certified yoga instructor. She also takes online and offline yoga classes since many years. Her dynamism, enthusiasm and energy made all the participants realize the importance of yoga in our daily life. Around 50 faculty members performed the Common Yoga Protocol on this occasion.

Facebook Post Link:

<https://www.facebook.com/118429944855500/posts/4314339891931130/?d=n>

Instagram Link:

https://www.instagram.com/p/CQYRfIKnPtA/?utm_medium=copy_link





Event Budget

S.No.	Particulars	Cost
1	Stage, fan, carpet and cover rental	2000
2	Honorarium to Yoga Expert	1000
3	Guddies for participants (15 kg)	1000
4	Plant for the yoga expert	500
5	Sanitizer	100
6	Backdrop Printing	350
	Total	4950