

INTERNATIONAL DAY OF YOGA

The Department of Philosophy, Salipur Autonomous College, Salipur, Odisha celebrated **International Day of Yoga 2024** sponsored by **Indian Council of Philosophical Research, New Delhi** on 21/06/2024 and 25/06/2024 in three separate sessions.

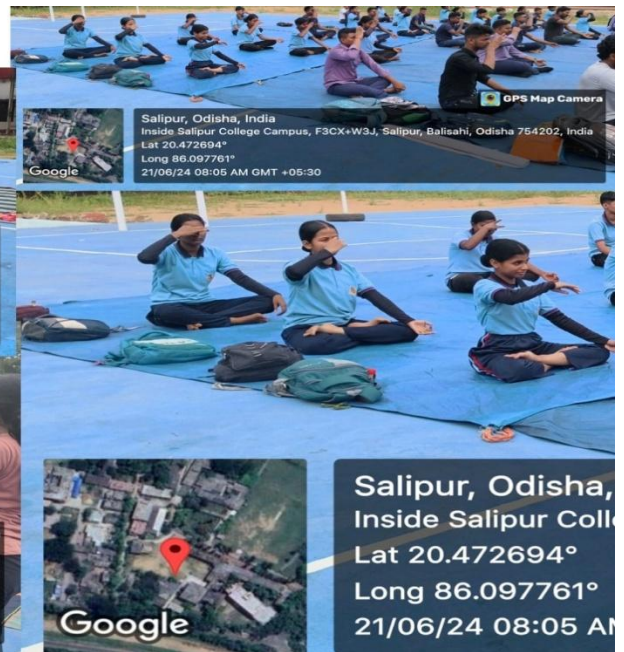
The first session took place at 7AM on 21/06/2024 where the students were participated in Yoga practices in the college premises. Yoga trainers demonstrated different Yoga posters to the students at the Lakshmi Narayan Temple grounds of the college.

The second session took place at 11.30AM on 21/06/2024 in Madhusudan Auditorium of the college with two Lecture Programmes. The Lecture Programme was on "**The Importance of Yoga for a Healthy Life**". Dr. Sangita Misra, Principal of the college presided over 2nd session. Guests were welcomed with bouquets by the students. Principal of the college deliver the welcome speech and highlighted the significance of organizing Yoga Day. Dr. Manisha Tripathy, HOD, Department of Philosophy gave an introduction on the day and theme of the topic. Administrative Officer Dr. Swati Panda introduced the guests. Sehenaz Parween, Lecturer assisted in felicitating the guests. Swyam Prakash Dyotak Ranjan Mahapatra, Chief Speaker and Yoga Guru of Patanjali Yoga Sansthana, gave a theoretical discussion on Yoga with Panchaindriya. Another Resource Person Dr. Prasanna Kumar Mahapatra, former Associate Professor of the Education Department delivered an enlightening talk on Spiritual Yoga. Various competitions were organized and winners were awarded by the Resource Persons.

The third session held on 25/06/2024 at 11.30AM at the Madhusudan Auditorium with another two Lecture Programmes on "**The Necessity and Utility of Yoga**". Dr. Sangita Misra, Principal of the College presided over this session. In her welcome speech, she highlighted on the practice of Yoga and indicates it as a perfect harmony between mind and body. Dr. Manisha Tripathy, HOD, Department of Philosophy provided insights into the organization of the event and delivered the speech on the theme of the Yoga Day, 2024. Bedavyas Bhanja, Lecturer of the Department introduced the guests, and Sahenaz Parween, Lecturer of the Department assisted in honouring the Resource Person.

The keynote speaker, Dr. Nandini Mishra, Head of the PG Department of Philosophy of Utkal University, Bhubaneswar delivered a talk on Patanjali's Astanga Yoga and its benefits. Invited speaker, Dr. Harish Chandra Sahoo, former Associate Professor of Philosophy and at present Professor of Bhima Bhoi Chair at KISS University, Bhubaneswar elaborated on spiritual Yoga and explained the significance of Sri Aurobindo's Yoga to the students.

1st Session DT 21.06.2024



2nd Session Dt-21.06.2024



3rd Session Dt-25.06.2024

