

## **The ICFAI University, Jaipur**

Date: 21<sup>th</sup> June, 2022

### **Celebration of 8th International Yoga Day on 21st June 2022 at IU Jaipur**

8th International Yoga day was celebrated by the faculty, staff and students of The ICFAI University, Jaipur on 21st June 2022 with great enthusiasm. Hon'ble President Prof (Dr) H P Singh VSM and Col Sanjiv Banerjee (Retd.), Registrar also participated in the celebration. The function began with a brief introduction of the guest, Mr Tapish Saini, Certified Yoga trainer. The trainer mentioned that Yoga Day is celebrated among the youth to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. Mr. Tapish Saini also explained the importance of Yoga in the life of youngsters. He explained that regular practice of Yoga will help the students achieve better mental and physical health. Mr. Tapish Saini started Yoga demonstrations with the Yoga prayer, after which a few warm up and simple Asanas were performed by the students, faculty and staff enthusiastically and the importance of these Asanas was explained simultaneously by Mr. Tapish Saini. The instructor also spoke about 'The Positive Framework of Meditation'. The chief guest of the event was Prof (Dr) H P Singh, VSM, Hon'ble President of the University. Also present were Col Sanjiv Banerjee (Retd.), Registrar of the University along with all the faculty, staff and students.

The photographs of the event are attached herewith –



