



RAMAIAH
College of Arts, Science &
Commerce

M S Ramaiah College of Arts, Science and Commerce

Re-accredited 'A' by NAAC, Permanently Affiliated to Bengaluru Central University,
Approved by Government of Karnataka, Approved by AICTE, New Delhi,
Recognized by UGC under 2F & 12B of UGC act 1956

CIRCULAR

Department of Physical Education and Sports

Ref. no. PO/CIR 2020-21/ 53

Date: 18.06.2021

International Yoga Day Celebration- 2021

The Department of Physical Education and Sports is celebrating 7th International Yoga Day on 21.06.2021. It is hereby informed the staff members to be present at 9.30 a.m. with yoga mats.

Venue: 5th Level corridor

Dress Code: Kurtis for ladies and T-Shirt for men.

PRINCIPAL

Principal,

*M.S. Ramaiah College of Arts, Science & Commerce
MSRIT Post, MSR Nagar
Bangalore - 560 054*

International Yoga Day



21 June, 2021

"YOGA FOR WELL-BEING"

Organized by

Department of Physical Education and Sports
M S Ramaiah College of Arts, Science and Commerce
Bengaluru – 560054

Venue: 5th level corridor

Date: 21 June, 2021, Monday

Time: 9.30 to 10.30 a.m.

ABOUT THE EVENT:

Yoga is derived from the Sanskrit root 'Yuj'. It means - join, add, union, match, be one with, etc.,

'Yujiyate anena iti yogah'

Meditating with undivided attention from the inner depths of your heart to the ever merciful god and achieving enlightenment is yoga. R Yoga means to unite or join. We unite ourselves with where we came from i.e., ALMITY. The unity of the soul and the Almy is Yoga.

The most reverend sage PATANJALI was a great thinker of India in the ancient times. He is the father of Astanga Yoga. It is also called Rajayoga. Sage Patanjali is one of the great sages who wrote yoga in the form of a formula. Asana is the third step in Sage Patanjali's As-tanga Yoga.

ABOUT THE COLLEGE:

Dr. M S Ramaiah, a visionary and philanthropist established "Gokula Education Foundation (GEF)", in the year 1962, to deliver education and healthcare for the betterment of mankind. Under the tutelage of GEF, M S Ramaiah College of Arts, Science and Commerce (MSRCASC) was established in 1994. MSRCASC is Re-accredited with "A" Grade by NAAC, Permanently affiliated to Bengaluru City University (BCU), and approved by AICTE. It is also recognized under section 2(f) & 12(B) of the UGC Act 1956. It has produced several rank holders and has alumni in distinguished institutions all over the world. The College has a legacy of organizing workshops, international and national conferences in various disciplines of Science, Commerce and Management in addition to Quality Initiatives

PATRONS

Dr. M.R. Jayaram, Chairman, GEF

Sri M.R. Janakiram, Director, GEF

Sri M.R. Kondandaram, Director, GEF

Sri B.S. Ramaprasad, Chief Executive, GEF

Sri G. Ramachandra, Chief of Finance, GEF

Dr. A. Nagarathna, Professor and Principal, MSRCASC

ORGANIZING COMMITTEE MEMBERS

Dr. A. Nagarathna (Principal)

Mr. Lakshmipathi V

Mr. K. Ravindranath

Dr. Hareesh Kumar P

Ms. Usha Rani S.R

Dr. R. Prashanthi

Dr. Ramesha A

Ms. Raksha Kumar

EVENT CO-ORDINATORS

Mr. Mahesh

Sports Officer, Department of Physical Education & Sports
Email: maheshg11947@gmail.com

Dr. Sowbhagya R

Assistant Professor, Department of Biotechnology and Gene
Email: sowbhagyachandru@gmail.com

FOR ALL STAFF MEMBERS

NOTE : CARRY INDIVIDUAL YOGA MAT AND WATER BOT

Report on

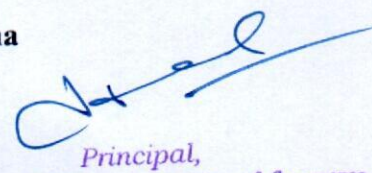
International Yoga Day celebrated on 21-06-2021

International Day of Yoga is celebrated with much fervour every year on June 21. This year the theme is 'Yoga for Wellness' - practicing yoga for physical and mental well-being. As it was pandemic situation only teachers used to be in college and online classes were going on. Therefore, only teachers participated in the event. The Sports department celebrated the international yoga day in association with the dept. of Biotechnology and Genetics.

Dr. Sowbhagya R, Assistant Professor, Dept. of Biotechnology and Genetics was the trainer for the day. At first, she welcomed the Principal, Dr. Nagarathna A and the teachers for the event and invited Principal for addressing the gathering and to talk about the importance of yoga in daily life. Dr. Nagarathna spoke about the initiation of Yoga day and recognizing the universal appeal of Yoga, on December 11 2014, the United Nations proclaimed June 21 to be marked as the International Day of Yoga. She also added saying how our present Prime Minister, Shri Narendra Modi involved in the initiation of it. She also mentioned that it was celebrated for the first time on June 21 in 2015, after which Yoga Day started being celebrated all over the world and Since then, Yoga Day has been celebrated every year by the Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy (AYUSH) in India.



Principal and teachers practicing Yogasana and Pranayama



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Dr. Sowbhagya instructed the participants and performed a few of simple asanas and pranayama for about one hour. The Programme was concluded with vote of thanks by Mr. Mahesh, Sports dept., RCASC.

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