



# स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

## Criterion 7 - Institutional Values and Best Practices

### 7.1 Institutional Values and Social Responsibilities

#### 7.1.11 Institution celebrates / organizes national and international commemorative days, events and festivals

**Link for additional information**

**Certificate of Appreciation Received by SRHU from The Times of India on International Yoga Day 2023**



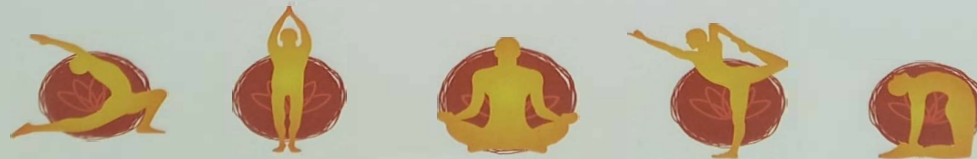
**International Yoga Day 2023**  
**Vasudhaiva Kutumbakam**  
**21 June, 2023**

*Certificate of*  
**Appreciation**



**Swami Rama Himalayan University**

**SINCERE GRATITUDE**  
for your support in making this initiative a success



**THE TIMES OF INDIA**

# POWER OF YOGA

PICT: TARESH DUTTA



>> L to R: Lamp lighting by Ajay Dubey, Vijay Dhasmana, Susheela Sharma, Dr Vijendra D Chauhan and Prakash Keshaviah



>> Participants & attendees at the event

CONSUMER CONNECT INITIATIVE



>> Advance Yoga performance by students of SRHU

## Aspiring for universal health on Yoga Day

The Times of India in association with Swami Rama Himalayan University teamed up to celebrate 'International Yoga Day' in the spirit of 'Vasudhaiva Kutumbakam', which means welfare of all. On this special day, a large number of students from SRHU came together to salute the morning sun

Anjali Nambiyal

The Central Park of Swami Rama Himalayan University came alive on June 21, when Yoga students, teachers and enthusiasts congregated for a collective Yoga sabbha in the midst of tall trees, colourful flowers and chirping of birds. That Yoga is

University was to raise awareness about the numerous physical and mental health benefits of Yoga. The event began with a prayer.

### A WAY OF LIFE

"The advantages of Yoga are tremendous. Yoga is not merely a series of asanas, but a way of life. It is a light, which once lit, can fill the life of

of a mission. He revealed that Himalayan School of Yoga Sciences had planned a Yoga Therapy Camp as a prelude to International Yoga Day. It was a public welfare initiative wherein people were encouraged to embrace, practice and enjoy Yoga to improve their health in the long run. The camp was part of the university's Yoga Therapy Series that will continue to follow in close succession in the coming months. Focus at the camp was on treatment of spinal column related issues like cervical

posture, forward and backward bending, right and left bending shoulder stretches, shoulder rotation, neck rotation, trunk and knee movement. Yoga asanas such as 'Tadasana', 'Vrikshasana', 'Padma Hastasana', 'Archa Chakrasana', 'Bhadrasana', 'Vajrasana', 'Archa Urdhvasana', 'Urdhvasana', 'Sambhara', 'Mahaasana', 'Bhujangasana' and many others, followed these. 'Kriya', 'Pranayama', 'Dhyana' and 'Sankalpa' were also conducted.

On the occasion, eminent scientist, Prakash Keshaviah, shared certain tenets of Vedanta and explained the five sheaths, 'Panchashe', in which human consciousness is wrapped. "The path of Yoga can help enlighten understanding and awareness of these sheaths," he explained to the gathering. As Yoga works towards healing and enhanc-



>> Distinguished guests displaying their mementos

being practiced worldwide today is a proud development and this event added in the might of India's influence.

The main aim of the event organised by The Times of India in association with Swami Rama Himalayan

a practitioner with divine energy, serenity and harmony. It is the coming together of the body, mind and soul. For students, Yoga can be tremendously advantageous as it can teach them to be fully present in the moment," said Vijay Dhasmana, chair-

man of the university, even as he led the celebrations from the front. He added, "A life lived in cognisance with the 'Ethics of Yoga', involves a change in attitudes, habits, diets and thoughts to arrive at a state of equanimity and inner peace. Yoga teaches us to keep the body fit, and the mind calm. Practitioners of Yoga can live a Yogic lifestyle, which is holistic in the truest sense. Yoga means a 'union'. Through Yoga, a practitioner can achieve the union of breath and body, the mind and senses and most importantly union of the self to the divine." Clad in exercise gear, he along with rows of students, faculty members and guests performed various asanas exhibiting flexibility, strength and balance.

For Dhasmana, practising Yoga amongst youngsters is nothing short

of a mission. He revealed that Himalayan School of Yoga Sciences had planned a Yoga Therapy Camp as a prelude to International Yoga Day. It was a public welfare initiative wherein people were encouraged to embrace, practice and enjoy Yoga to improve their health in the long run. The camp was part of the university's Yoga Therapy Series that will continue to follow in close succession in the coming months. Focus at the camp was on treatment of spinal column related issues like cervical

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**Yoga can be tremendously advantageous for all. The main aim of the event was to raise awareness about the numerous physical and mental health benefits of Yoga**

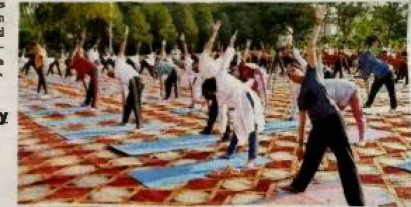
ing each and every cell in the body, it becomes magically immune.

### POSTURES AND ASANAS

Ajay Dubey, principal of Himalayan School of Yoga Sciences and his students gently guided the participants through the Yoga asanas, focusing on breathing, posture and individual capacity. Loosening practices were conducted that included alert

'Asana', 'Pranayama', 'Pratyahara', 'Dharana', 'Samadhi', 'Bandhas' and 'Mudras.' Bhubey shared, Yoga is a very healthy practice that has brought about unimaginable results in the lives of people who have inculcated this practice in their daily routine, he further added. A combination of physical postures (asanas), breathing techniques (Pranayama) and meditation (Dhyana) can create wonders in an individual's life.

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>> Participants practise various Yoga asanas at the event