

## **International Yoga Day**

The international Yoga Day was celebrated on 21<sup>st</sup> June 2019 at BASU with great enthusiasm. About 70 staffs including officers, faculty members, students and staffs participated in Yoga in the morning at 5.30 under the guidance of Mr Dinesh Sharma and Col. RM Singh, the senior members of Prajapita Brahm Kumari Ishwariya Vishvidyalaya who came from Delhi and demonstrated different Yog Mudras to train the participants. Hon'ble Vice Chancellor, BASU was the Chief Guest, who keenly participated in the Yoga and became the source of inspiration for others participants.

International Yoga Day was also organized at College of Fisheries, Kishanganj. On this day, a yoga practitioner (Mr. Ravi Raj) from "Jay Bharat Yog Seva Trust", Kishanganj was invited to conduct the yoga session and to create awareness among students and faculties about importance and benefits of practicing yoga. One hour long yoga session was started at sharp 5:30 AM and most of the students and faculties along with OSD, COF participated enthusiastically.

### **Talk on Importance of Meditation, Unity of Mind and Body, Thought and Action**

Meditation helps in unification of mind and body, which is required to avoid the transgression of thoughts into the mind that leads dissatisfaction, distress and dejection. Occupied mind often fails to transform the low energy into high and reduces the unlimited capabilities and potential of human mind. A mismatch in thoughts and actions induces many internal conflicts and cause dissatisfaction, which is impacting the human life negatively. Yoga is one of the ways that helps integration of mind and body to manage inadvertent thoughts and convert them into consummate actions. To motivate the university officers, faculty, students and staffs for adopting yoga for healthy life and sound mind, a speech was organized. A team comprising Mrs Punam, Mr Dinesh Sharma, Col. RM Singh from Prajapita Brahma Kumari Ishwariya Vishvidyalaya delivered speeches and demonstrated different Yog postures and

meditation. Hon'ble Vice Chancellor, BASU was the Chief Guest. The programme was immensely motivating and appreciated by the participants.



Hon'ble Vice-Chancellor, BASU, Patna felicitating Mr Dinesh Sharma of Prajapita Brahma Kumari Ishwariya Vishvidyalaya on the World Yoga Day



Members of BASU family practicing Yoga on the World Yoga Day





Member of BASU family participating Yoga on World Yoga Day



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Member of BASU family participating Yoga on World Yoga Day



Mr Dinesh Sharma, of Prajapita Brahma Kumari Ishwariya Vishvidyalaya delivered speech to BASU family on Talk on Importance of Meditation, Unity of Mind and Body, Thought and Action



Hon'ble Vice Chancellor, BASU delivered speech to BASU family on Talk on Importance of Meditation, Unity of Mind and Body, Thought and Action



Member of BASU family on Talk on Importance of Meditation, Unity of Mind and Body, Thought and Action.