

Report on Celebration of International Yoga Day 2017 at Integral University, Lucknow, U.P., India

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In compliance of UGC letter (D.O. No. F.1-1/2017 (Secy) dated 15th June, 2017, and the instructions from Ministry of AYUSH, Govt. of India, Integral University, Lucknow, a premier educational institution in north India celebrated "International Yoga Day 2017", with great enthusiasm, for which notice was given to all faculty/staff and students through notification from Dean, Student's Welfare and Pro-Vice Chancellor (Notices attached). The arrangements for the programme was made at University Main Lawns in its sprawling green campus and was lead by trained Yoga expert from within the University, Dr. Mohd. Tanveer Khan, Director (Physical Edn & Sports). There was excellent arrangement like Yoga Mats, Bed sheets, PA system and Banners for the programme. More than 60 people comprising of Deans/HoDs/faculty/staff and students participated in the celebrations, who reached the venue before time. It was rains, which delayed the programme for few minutes from its scheduled time of 5.30am, but with the energetic fervor started in light showers of rain itself, completing the yoga asana's. The message regarding importance of yoga was conveyed by Dean, Student's Welfare Prof. M. A. Khalid to everyone, and suggestion was made to make Yoga a routine habit for keeping a healthy mind and body. Following are the glimpse of the event through few photographs taken during the Yoga Day celebrations at Integral University.







