

CENTRAL INSTITUTE OF CLASSICAL TAMIL, CHENNAI

CELEBRATION OF 3RD INTERNATIONAL DAY OF YOGA (IDY) - 2017

Dates: 20th June 2017 and 21st June 2017

Venue: Conference Hall, CICT

Report:

As per the MHRD guidelines and Common Yoga Protocol issued by the Ministry of AYUSH, the Central Institute of Classical Tamil celebrated International Day of Yoga, 2017 with full vigour which includes Yoga demonstrations, interesting lectures on Yoga, discussions, followed by a Seminar. The CICT has organized the IDY, 2017 by organizing a pictorial exhibition, lectures, meditations among the staff, PDFs of CICT as a way of life.

The celebration was organized such a way that the CICT staff Post Doctoral Fellows and general public would get a general awareness about how the harmony & peace were derived through Yoga.

20.06.2017

Yoga Lessons (Pranayama Techniques and Postures / Teaching and Demonstration)

The staff of CICT assembled the Seminar Hall at 4.30 pm for precious Prāṇāyāma lessons. Dr. Muhilai Raja Pandian (Registrar, CICT) disseminated the awareness of Yoga among the staff and post doctoral fellows by explaining the Yoga and Yogic practices to orient one towards comprehensive health for an individual and the community. He emphasized the importance of Prāṇāyāma for one's sound mind and body. He lectured the widely practiced Yoga sadhanas and gisted the Yama, Niyama, Āsana, Prāṇāyāma, Pratyāhāra, Dhāraṇā, Dhyāna, Samādhi, Bandhās and Mudrās, Śaṭkarmas, Yuktāhāra, Mantra-japa, Yukta-karma etc. The staff and Post Doctoral Fellows appreciated the valuable Prāṇāyāma lessons from him and vowed to follow the same for a harmonious coexistence.

21.06.2017; 10.00 am

International Yoga Day-2017 Pictorial Exhibition of Yogic postures

As part of the celebration of IDY, 2017, a pictorial exhibition of Yogic postures was organized in the CICT premises. At 10.00 am Prof. P. Prakasam, the Vice Chairperson of CICT inaugurated the Pictorial exhibition of Yogic postures. More than 70 different yogic Āsanas were portrayed in colourful wall mounted pictures.

In his presidential address, Prof. P. Prakasam, the Vice Chairperson of CICT elaborated how Yoga integrates the mind, body and intellect. He noted the Yoga was an invaluable gift of ancient Indian tradition to the World. Yoga was embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature.

21.06.2017; 11.00 am

Seminar and discussions (Yoga in Digital age, Yoga a stress buster, Yoga a way of life)

In his Special address, Dr. B. Rajasekar, Sivachariar and a Sanskrit scholar emphasized how Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word

"Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of an individual consciousness with the universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as mukti, nirvāna, kaivalya or mokṣa. The great sage Maharishi Patanjali systematized and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony. Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: Karma Yoga where we utilise the body; Jñāna Yoga where we utilise the lighter mind; Bhakti Yoga where we utilise the emotion and Kriyā Yoga where we utilise the energy.

The IDY, 2017 celebrations was co-ordinated by Dr. K. Kamala Angel Bright. At the end of the Seminar, the national anthem was sung. Tea and snacks were served to the gathering.

உலக யோகா நாள்-2017
படக் கண்காட்சி
INTERNATIONAL YOGA DAY-2017
PICTORIAL EXHIBITION



யோகாசனங்கள்

YOGA POSES



யோகாசனங்கள்

YOGA POSES













சென்னைப் பல்கலைக்கழகம், சென்னை
Central Institute of Classical Tamil, Chennai
சென்னை யோக்கிரகம் 2017
International Yoga Day 2017
21.09.2017, 10.00 AM
Vandar Seminar Hall, CIET
Dr. B. Rajasekar M.A., M.Phil., Ph.D.,
Sivachariyar, Chennai



आरोग्य, प्रकृति, स्थिरता, शक्ति
आंतराष्ट्रीय योग दिवस, भारत
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आरोग्य प्रकृति स्थिरता शक्ति
International Yoga Day 2017
01.06.2017, 08.00 AM **Dr. E. Rajender P.A., M.P.H., Ph.D.**
विषय: आरोग्य, प्रकृति, स्थिरता, शक्ति
आरोग्य, प्रकृति, स्थिरता, शक्ति





சென்னை மருத்துவக் கல்லூரி, சென்னை
Central Institute of Classical Tamil, Chennai
உலக இயோகா தினம் 2017
International Yoga Day 2017
21.06.2017, 10.00 AM Dr. B. Rajasekar M.A., M.Phil., Ph.D.,
Venue: Seminar Hall, CICT Sivachariyar, Chennai
சென்னை











