

### **Commemoration of International Yoga Day by NAAC**

Commemorating the International Yoga day on 21<sup>st</sup> June 2021, National Assessment and Accreditation Council organized an dedicatory event. The program began with hymns from *Thaithreya Upanishad* saluting the entire universe for its offering to the human kind. Prof. S.C. Sharma welcomed the gathering and profoundly acknowledged the presence of Prof. Ramachandra Bhatt Kotemane and in the introductory note he mentioned about the human's quest for excellence and ways by which Yoga descended to our lives. He also eulogized the richness of ancient Indian heritage and practices. He referenced to the *aadhyatma yoga* mentioned in Bhagavath Geetha that preaches inward travelling for self investigation and attaining ever-lasting happiness. He opined that the yoga that is preached by sri Krishna through Bhagawath Geetha are the essence of Sanathana dharma. Prof. Ramachandra Bhatt Kotemane delivered his discourse and special address on "Aadyatma Yog for Global Harmony with special reference to Srimad Bhagawath Geetha". He began his discourse with the reasoning out the International Yoga day on 21<sup>st</sup> June since it is the summer solstice that has the longest day thereby sun spreads the cosmic energy for the longest duration. He said, according to Krishna, Surya Narayana is the deity for Yoga practice. Yogic lineage is well presented as before the Universe was created, Yoga was presented to the Sun God. Kotopanishad is the first book for Yoga and defines the yoganidhi. The first young Yogi is Nichiketha who approaches Yamadharma and clarified his doubts as how to overcome extreme joy and pathos. Yamadharma replies that the Panacea for Harsha or Shoka is through the practice of Aadthma yoga. While stating intricacies of Aadhyadma yoga, he opined that it aadyatmayoga is spiritually rooted. Bagavat Geetha being a conversation between Arjuna and Krishna where Arjuna represents the *harsha-shoka* and Krishna is the preacher of Aadhyama Yoga. Yoga cannot be treated as a methodological physical work out, but they are integrated exercise with body-mind and spirituality. He also insisted to adopt integrated yoga in the form of aadhyatma yoga in our every path of life rather than scheduling it as a mere exercise. Prof. M. Jagadesh Kumar, the Chairman of Executive Committee of NAAC and the Vice Chancellor of Jawaharlal Nehru University, Delhi had delivered the presidential remarks. In his talk, he opined that the younger generation is adopting yoga as way of life enthusiastically, and hence we need to reach out to them in larger numbers. He said that educational institutions are the grounds where we can expose our younger generation to yoga and its importance. He suggested all the higher education institutions to start a three credit course on Yoga as an elective. Just as we have gross enrollment ration (GER) perhaps, we should introduce Yoga Enrollment Ratio (YER) to measure how many students have taken the proposed three credit course on Yoga. Institutions having higher Yoga Enrollment Ratio should be encouraged through recognitions. Dr. Amiya Kumar Rath, Adviser NAAC proposed the note of thanks. The program was coordinated and anchored by Dr. Priya Narayanan, Assistant Adviser of NAAC.





