

## International Yoga Day- 2020 Celebration

"Yoga is the journey of the self, through the self, to the self." -- The Bhagavad Gita

On Occasion of **International Yoga Day- 2020** Maharaja Agrasen Institute of Technology, MATES organized a webinar on the topic 'Swastha Sabal Aatmnirbhar Bharat' at 11 a.m. The Kautilya International Foundation also participated in the Webinar. Management, Faculty and Students attended the webinar through Facebook and YouTube portals. Unlike previous years, people participated in the event from their homes.

**Dr Nand Kishore Garg**, Founder Chairman and Chief Advisor, MATES presided over the event.

MATES started webinar by paying tribute to the martyrs of Galvan Valley of Ladakh. Dr Garg discussed the importance of Yoga by remembering Yogeshwar Shri Krishna and Maharshi Patanjali. He said that like Arjun, all should be steady in yoga (what we do), and do whatever we must do; give up attachment, be indifferent to failure and success, and this stability is yoga.

Dr. Garg also discussed five pillars of Aatmanirbhar Bharat – Economy, Infrastructure, System, Demography and Demand. He stressed upon PM Modi's appeal for becoming vocal for our local products and make them global. He asked to turn the challenges into opportunities for building a healthy and self-reliant India. The world is adopting India's traditions, we should respect our traditions and give them respect.

The key note speaker **Acharya Dr. Anal Dev**, Yoga and Spiritual Healing expert advocated naturopathy for any ailments. He said that Yoga, covering a wide dimension, is integral to thousands of years old Indian philosophy of knowledge, which not only makes our mind and body healthy, but also supports us, teaches us to live in harmony, and to face challenges of life. Yoga is a practice through which a person remains physically and mentally healthy. Yoga makes human life easier by removing all kinds of diseases and disorders associated with body and mind. It is an easy tool for all kinds of human purification.

**Prof. Neelam Sharma**, Director, MAIT presented vote of Thanks. She showed her gratitude towards Dr Anal Dev for enlightening the faculty and Students of MAIT on Yoga and Naturopathy. She also conveyed her thanks to **Dr Nand Kishore Garg**, for his guidelines, **Sh. Vineet kumar Gupta**, Chairman, MATES and **Sh. S. P. Aggarwal**, Executive Chairman for their invaluable support and guidance. Dean Academics, MAIT, **Prof. S S Deswal** overall managed this webinar and made it successful. All HODs further made every effort to make this event fruitful. The entire event was perfectly coordinated by Mr. Anil kumar Dahiya (Assistant Professor, MAE department). There were a total of 1056 viewers who were benefited by this event. Over-all, the event was well received and served to highlight the importance of yoga, as a part of a healthy all-round regime.





