

# YOGA DAY CELEBRATION

## **C. SECOND INTERNATIONAL YOGA DAY**

The celebrations of Second International Day of Yoga (IDY), in the Rashtriya Sanskrit Vidyapeetha, Tirupati was organized by the Department of Samkhya-Yoga; Yoga, Stress Management and Healing Centre, CoE and National Service Scheme Unit. The celebrations geared up well in advance by arranging competitions of Essay writing, Elocution and Yogasana for the staff and students of Vidyapeetha.

The programme was attended by Prof. Ch P. Satyanarayana, Prof. Radhakantha Thakur, Prof. V. Muralidhar Sarma, Dr. C. Ranganathan, Dr. C. Raghavan, Dr. D. Jyothi, Dr. A. Rajendra Reddy, Dr. D. Nallanna, Dr. V. G. Sivasankar Reddy, Deputy Registrar, Dr. Dakshina Murthy, NSS

Co-ordinator, other teaching, non-teaching staff and scores of students. Various events were organized during the day.

### **Garlanding Sage Patanjali's statue:**

The Second International Day of Yoga, on 21<sup>st</sup> June, 2016, The programme began with vedic invocation and garlanding the statue of Sage Patanjali by Prof. Sripada Satyanarayana Murthy, Vice-Chancellor i/c. The Vice-Chancellor greeted the staff, students and yoga enthusiasts who joined him to offer pooja and to participate in other activities of the day. While addressing the gathering, he said that the entire nation is indebted to Shri Narendra Modi, Hon'ble Prime Minister for his untiring efforts in pursuing the approval of United Nations General Assembly and world community to celebrate International Day of Yoga on June 21<sup>st</sup> every year. He assured continued solidarity of R.S. Vidyapeetha in this respect. He said that yoga is an Indian ancient science and art that needs to be adopted as a way of life to establish *vasudaika kutumbham*. He reiterated the commitment of Vidyapeetha for its preservation and propagation and requested Dr. A. Rajendra Reddy, Project Director, Yoga, Stress Management Healing Centre, CoE., to organize yoga extension activities for the benefit of public. He also prayed to the Lord to bless everyone, who joined the celebrations, with happiness and peace.

### **Common Yoga Protocol:**

After offering prayers to sage Patanjali, all the staff and students assembled at the SBR Open Air Auditorium to participate in the practice of Common Yoga Protocol (CYP). Prof. V. Muralidhara Sharma welcomed the participants and delivered the inaugural speech. He said that Yoga is the 5,000-year-old Indian physical, mental and spiritual practice that aims to transform body and mind and it ensures harmony between man and nature.

The Deans, Heads, Professors and other staff members of teaching and non-teaching, who participated in the activities motivated the student community by demonstrating different yoga practices like *asana*, *pranayama*, *mudra* etc., before joining the Common Yoga Protocol. Dr. A. Rajendra Reddy and Mr. R. Laxminarayana gave instructions as yoga practitioners took part in the mass practice of Common Yoga Protocol.

#### **Exhibition:**

A poster Exhibition, highlighting the achievements of the Dept. of Samkhya-Yoga, and Yoga, Stress Management and Therapy Centre, was arranged in the Yoga Mandiram and was kept open for the visitors up to evening.

#### **Yoga Awareness March:**

Prof. Radhakanth Thakur, Dean, Academic Affairs flagged off the Yoga Awareness March. Prof. Ch P. Satyanarayana, Prof. V. Muralidhara Sharma, Dr. A. Sripada Bhat, Dr. C. Ranganathan, Dr. Prahlad R. Joshi, Dr. Bharat Bhusan Rath, Dr. Y. Vijayalaxmi, Dr. T. Latha Mangesh, Dr. D.

Jyothi, Dr. A. Rajendra Reddy and members of Non-Teaching staff have enthusiastically participated in the rally, which was a 2.0 kms walk, in which the students, staff and other yoga supporters, carried placards with messages of "International Day of Yoga".

#### **Seminar:**

In connection with the Yoga festival, a Seminar on "Yoga and Subjective-Well-Being" was organised, in which Dr. P. Murali Krishna, Chief Medical Officer, S.V. Ayurveda College, Tirupati; Dr. V. Vanaja, Department of Cardiology, SVIMS, Tirupati; Prof. M.L.N. Murthy, Prof. M.S.R. Subramanya Sarma Dept. of Advaita Vedanta, Prof. Ch. P. Satyanarayana, Director, Directorate of Distance Education, R.S. Vidyapeetha impressed the gathering by their expert speeches.

Dr. D. Jyothi welcomed the dignitaries. She attracted the attention of participants by narrating apt Sanskrit verses related to *asana*, *kirya*, *pranayama* and *dhyana* from *Patanjali Yoga Sutra* and *Hatha Yoga Pradipika*. She added that they are not mere theoretical explanations but contain deep rooted concern for human welfare. She appealed everyone to be a part of the celebrations and make it a success.

Prof. C Umashankar, Registrar, RSVP, graced and inaugurated the Seminar by lighting the lamp. While delivering the presidential address, he said that this programme brings into focus the human welfare, a tension-free world and an opportunity to spread the message of love, peace and goodwill.

Prof. M.L.N. Murthy pondered on the role of yoga to keep mind away from mundane disturbances. He extensively quoted the practical principles of *Advaita Vedanta* like *mumksutva*, *nityanityavastuviveka*, *vairagya*, *samadhi satka*, *bhakti* and *ashtangayoga* and briefed their importance to lead a happy life. He expressed his happiness that the whole world came together today to celebrate Yoga, the great heritage of Indian Civilization.

Dr. P. Murali Krishna, follower of Ramakrishna Mission, inspired the audience with his lecture on human values to maintain health. Quoting several portions from 'Raja Yoga' of Swami Vivekananda, he stated that "every man is potentially divine" and yoga is the only practical method to bring out that divinity.

Prof. Ch. P. Satyanarayana gave a thought provoking message to Yoga lovers. He said that yoga consists of "Ashtangayoga", the practice of which develops integrated personality. He said that Yoga imbibes values, duties and responsibilities in the practitioner and helps harmonious existence, among individuals, family members and subjects.

Dr. V. Vanaja, representing the ideology of Ramachandra Mission, impressed the gathering by bringing out the basic principles and practice of meditation. Meditation, according to her, is nothing but to stay relaxed from tensions and stress. It doesn't consist in elaborate explanations, but requires a simple attitude to keep the body and mind relaxed. The highlight of the seminar is practical demonstration of meditational relaxation, wherein some of the participants, literally fell asleep.

Prof. M.S.R. Subramanya Sarma, delivered a scholarly speech on values of yoga. Quoting vedic verse - *dvâ suparnâ sayujâ sakhayâ samânam vkcam pari sasvajate tayoranyah pippalam svadvatya nasnannanyo abhi cakâsiti* , he said that one who develops attachment to enjoyment and attaches himself to the fruits to what he has **done, enters into the cycle** of repeated births. Therefore, the *Lord Krishna* asks *Arjuna* in the *Srimadbhagavadgita* to follow the principles of *nishkamakarma* and *vamashramadharm* while discharging duties and lead a peaceful life, here and hereafter.

### **Valedictory Function:**

In the valedictory function the Registrar Prof C.Umashankar gave away prizes to the 16 winners of Essay writing, Elocution and Yogasana Competitions held in connection with celebrations of "International Yoga Day". Amidst jubilation, the dignitaries on the dais were befittingly honoured.

Vote of Thanks:

Dr. A. Rajendra Reddy, Project Director, Yoga, Stress Management and Therapy Centre, CoE, proposed vote of thanks. He said that the practices of yoga were prevalent much before its was systematized by Sage Patanjali. Yoga was a way of living for vedic people. It was inherited by the founders of Indian Philosophical Schools. Thus it paved way to of practical science, irrespective of *asthika and nasthika darsanas*. He said that yoga was practiced by *Jaimini, Kanada, Badarayana, Buddha, Vardhamana* and other great ancient personalities and realized the truths of their teachings. He expressed deep respects to the authorities of Vidyapeetha for offering different Yoga Programmes in the Vidyapeetha, catering to academic and extension services, to preserve and promote Yoga in its original sense. He thanked the Heads, Faculty members and others, who extended their heartfelt help, co-operation in making the celebrations a grand success. The celebrations came to an end with the vedic prayer.

<i>Sarve Bhavanthu Sukhinah</i>	(May All Be Peace)
<i>Sarve Santu Niramaya</i>	(May All Be Happy)
<i>Sarve Bhadrani Pasyantu</i>	(May All Be Free From Illness)
<i>Maa Kascit Dukkha Bhagbhavet</i>	(May No One Suffer)

## पञ्चचत्वारिंशद्दिनात्मकं योगचिकित्साशिबरम् (दिनाङ्कः - ०५.०५.२०१७ तः २१.०६.२०१७)

“शरीरं रोगमन्दिरम्” इति शास्त्रेषु प्रसिद्धिः वर्तते । अधुना दूषित-वातावरणेन पीडिताः मानवाः विविधैः रोगैः ग्रस्ताः भवन्ति । जीवाणु-भूताणुभिः व्याप्ताः रोगाः कदाचित् औषधैः निराकर्तुं शक्यन्ते ; किन्तु तद्भिन्नाः शिरोवेदना, रक्तचापः, शरीरवेदना, मधुमेह इत्यादयः रोगाः योगमाध्यमेन दूरीकर्तुं शक्यन्ते इति योगविदामभिप्रायः ।

अस्मिन् प्रसङ्गे विद्यापीठस्य योगचिकित्साकेन्द्रपक्षतः पञ्चचत्वारिंशद्दिनात्मकं योगचिकित्साशिबरं विद्यापीठप्राङ्गणे समायोजितम् । अस्य प्रमुखमुद्देश्यमासीत् “स्वस्थतिरुपतिः” । अर्थात् यथा सर्वेऽपि तिरुपतिवासिनः रोगमुक्ताः भवेयुः तदर्थं विविधानां योगासनानां शिक्षणं प्रदत्तम् । विशिष्टतया चतुर्णां दुःसाध्यरोगाणां चिकित्सार्थं योगप्रशिक्षणमिदं



सञ्चालितम् । यथा — (१) मधुमेहः, (२) उंचरक्तचापः, (३) निम्नपृष्ठवेदना (४) स्त्रीसम्बन्धिरोगाश्च ।

कार्यक्रमस्य समुद्घाटनसमारोहे चित्तूरजिल्लापालनाधिकारि-श्रीप्रद्युम्न-महोदयाः मुख्यातिथिरूपेण उपस्थिता आसन् । स्वीयभाषणे इमे वेदकालात् योगाभ्यासप्रक्रिया प्रचलतीति उक्त्वा संस्कृताध्ययनेन योगशास्त्रस्य अध्ययनं सम्यक् कर्तुं शक्यते इति संस्कृतभाषायाः महत्त्वं प्राकटयन् । तिरुमलतिरुपतिदेवस्थानस्य प्रकल्पाधिकारिणः श्री एन्. मुक्तेश्वररावमहोदयाः गौरवातिथिरूपेण समाहूता आसन् । आहार-व्यवहारद्वारा एव स्वास्थ्य-सम्पादनं कर्तुं शक्यते इति ते स्वीयभाषणे प्राबोधयन् ।

“सर्वस्मै विश्वाय योगशास्त्रं भारतप्रदत्तमुपायनम्” इति कुलपतयः समुदघोषयन् । भारतस्य महनीयता योग-दर्शन-आयुर्वेदाख्येषु त्रिषु शास्त्रेषु सन्निहिताऽस्तीति तैरुक्तम् ।

योगचिकित्साकेन्द्रस्य निदेशकाः डॉ. राजेन्द्रेड्डीमहोदयाः सम्पूर्णस्य कार्यक्रमस्य संयोजका आसन् । विद्यापीठच्छात्राः, अध्यापकाः, तिरुपति-नागरिकाः विपुलसंख्यया कार्यक्रमेऽस्मिन् भागं गृहीत्वा लाभान्विताः अभूवन् । अत्र १०२ संख्याकाः व्याधिपीडिताः जनाः अचिकित्स्यन्त ।

शिबिरस्यास्य समापनसमारोहः अन्ताराष्ट्रीययोगदिवसपरिपालनावसरे (२१-०६-२०१७) समन्वष्टीयत । अत्र विद्यापीठस्य अद्वैतवेदान्तविभागस्य आचार्याः प्राक्तनकुलपतयः आचार्य एम्. एल्. एन्. मूर्त्तिमहाभागाः, तथा च दूरशिक्षाकेन्द्रस्य निदेशका आचार्य सि. एच्. पि. सत्यनारायणमहोदयाः विशिष्टातिथिरूपेण समाहूयेताम् । प्रसङ्गेऽस्मिन् विद्यापीठप्राङ्गणे प्रतिष्ठापितस्य पतञ्जलिविग्रहस्य पूजाऽपि व्यधायि ।

## अन्ताराष्ट्रीययोगदिवससमारोहः (दिनाङ्कः - २१.०६.२०१७)



समारोहं समुद्घाटयन्तः आचार्य एम्. एल्. एन्. मूर्त्तिसमेताः आचार्य वि. मुरलीधरशर्म-आचार्य सि. एच्. पि. सत्यनारायणमहोदयाः



उत्सवे भागग्रहीतृभिः योगकौशलप्रदर्शनम्

उच्चा दिवि दक्षिणावन्तो अस्थुः - ऋ. १०.१०७.२ :: *The liberal stay high in the celestial region*