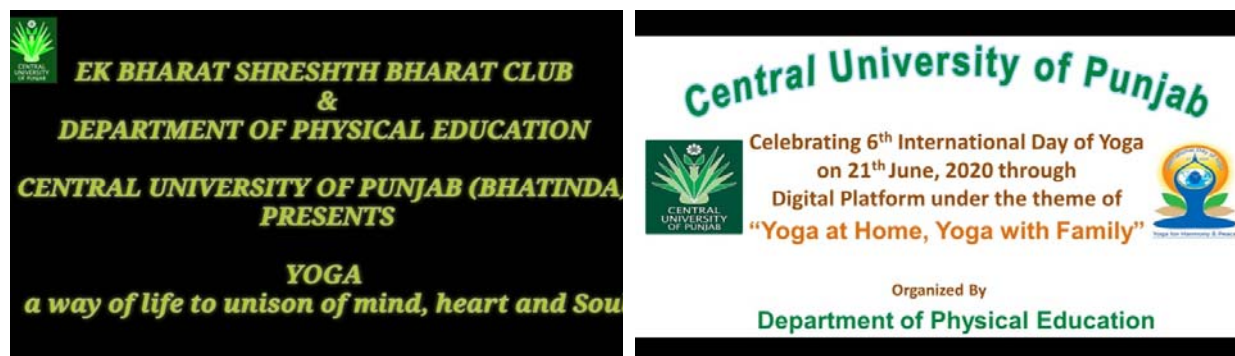


Activity Report

CUPB released different Videos on ‘Yoga Asanas’ under campaign ‘Yoga at Home, Yoga with Family’ as a part of International Yoga Day Celebrations.

- CUPB released a Short Videos on ‘Yoga’, in order to encourage youngsters, to adopt Yoga in their daily routine.
- CUPB appealed their students & employees to 'perform yoga at home with their family' and motivated them to participate in 'My Life - My Yoga', a blogging competition, launched by honorable Prime Minister.

20th June 2020, Bathinda: The Central University of Punjab Bathinda (CUPB) is celebrating the sixth edition of International Yoga Day (IYD) through the digital platform as per guidelines released by Ministry of AYUSH under the theme of ‘Yoga at Home, Yoga with Family’. On this occasion, CUPB Department of Physical Education, EBSB Club, an NSS Cell released different Videos under the theme of “Yoga- A way of life” to reach out to masses through digital media and to educate them about the benefits of different Yoga Asanas. In addition to this, CUPB NSS Cell urged students, faculty, and non-teaching staff to celebrate sixth IYD by performing Yoga at home with family, especially at 7 am on 21st June 2020.



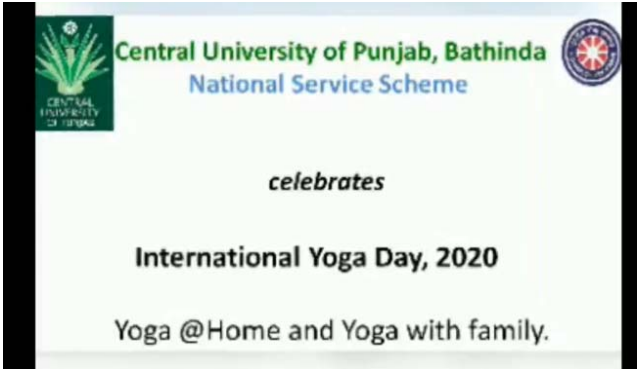
Title Slide of Videos released by CUPB EBSB Club and CUPB Dept. of Physical Education

In the short video released by CUPB, the students of Dept. of Physical Education showcased different Yoga Asana to stay physically & mentally fit, which are as follows: Surya Namaskar, Bhadrasana, Chakrasana, Halasana, Tadasana, Vrikshasana, Head Stand, Mayurasana, Sarvangasana, Vajarasana, Bakasana, etc.

Vice-Chancellor Prof R.K. Kohli stated, that our honourable Prime Minister Shri Narendra Modi Ji proposed the United Nations in 2014 to celebrate '21st June' as the International Day of Yoga to promote the advantages of Yoga among the world community. He mentioned since the first IYD i.e. 21st June 2015, the practice of Yoga has been globally recognized and millions of people has improved their health & fitness by adopting Yoga as a daily routine. He informed that, in view of coronavirus pandemic, the theme of this year's IYD is ‘Yoga at Home, Yoga with Family’, and our Short Video creations on ‘Yoga Asanas’ will motivate everyone to practice yoga asana in an effective way.

Sh. Kanwal Pal Singh, the Registrar, mentioned that, despite lockdown, CUPB has encouraged our students to perform Yoga and physical exercise to stay physically & mentally fit. He added, this year

on the occasion of International Yoga Divas, our students will share their Photographs & Videos while performing Yoga Asana, and will take part in “My Life-My Yoga” a Video-blogging competition launched by Ministry of AYUSH.



Title Slide of CUPB NSS Cell Video



A Pic of Surya Namaskar Yogaasna