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SDUMC YOGA DAY

Sri Devaraj URS Medical College and Research Center celebrated international yoga day on June 21st, 2018. Nursing college students and medical college students took part in the meditation that was hosted by the Department of Integrated Medicine, SDUMC and the college NSS unit. It was held in the sports complex of SDUMC from 12:15 pm to 1:15 pm.





Prime Minister Narendra Modi first proposal in UN was to celebrate International Yoga Day on June 21st for it being the longest day in the Northern Hemisphere. He said,

“Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature.”

It was approved and henceforth throughout the world, June 21st was celebrated as the Yoga Day.

The word yoga originates from Yuja, a Sanskrit word which means, "to join or to unite", symbolizing the union of body and consciousness. The theme for Yoga Day, 2018 is "Yoga for Peace."

The Department of Integrative medicine headed by Dr. Neetinakumar Patel and the NSS unit of our college headed by Dr. Shobha organized an opportunity for the students to discover the benefits of Yoga. Firstly, the students were shown the speech of Prime Minister Narendra Modi and other union ministers who spoke about the importance of Yoga, The students and teachers equally took part in the yoga session following it.



To encourage the students, Vice Chancellor Dr. C.V Raghuvver and Dr. SR Prasad from the Department of Microbiology also took part in the session.



At the end of the session, many students were inspired to continue yoga as a part of their daily routine.


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