

NATIONAL LAW UNIVERSITY DELHI

Celebration of International Yoga Day under aegis of IQAC, NLUD,
21st June 2023

About the YOGA

Yog (Sanskrit word) has Vedic origins mentioned in Rigveda. Yog is a group of physical, mental and spiritual practices or disciplines originated in ancient India. Yog aims to still the mind, reorganize a detached witness-consciousness untouched by the mind and mundane suffering. Traditional and modern yog/yoga is practiced worldwide.

Shalok:

धैर्यं यस्य पिता क्षमा च जननी शान्तिश्चिरं गेहिनी
सत्यं सूनुरयं दया च भगिनी भ्राता मनः संयमः।
शय्या भूमितलं दिशोऽपि वसनं ज्ञानामृतं भोजनं
एते यस्य कुटिम्बिनः वद सखे कस्माद् भयं योगिनः॥

Meaning: By regularly practising Yoga, a person can imbibe some very good qualities like courage which protects like a father, forgiveness as possessed by a mother & mental peace which becomes a permanent friend. Through regular practise of Yoga truth becomes our child, mercy our sister, self-control our brother, the earth becomes our bed & knowledge satiates our hunger.

With this event, we aim to create awareness about the significance of yoga and provide an opportunity for our university community (Faculty, Non-Teaching Staff, and Students) to engage in this ancient practice.