

INVITATION

Department of Education, PU

in collaboration with

Vivekananda Kendra Kanyakumari Chandigarh Branch

cordially invites you for celebrating

INTERNATIONAL YOGA DAY

by understanding and practicing

“OM KI MAHIMA AND OM KAR DHYAAN”

ON MONDAY 21ST JUNE, 2021 AT 9.30 TO 11.30 AM

Guest Speakers and Resource persons:

Prof. Nandita Singh, Dept. of Education, P.U.

Sushri Alkagauri ji, Prant Pramukh Punjab and Haryana Prant

Sushri Terzin, Vibhag Sangathak, Tricity Vibhag

Shivam Riyan, Karyapaddhati Pramukh, VK Chandigarh



Om is considered the “original vibration of the universe” or the vibration from which all other vibrations are born. In Hindu scripture, it is defined as the foundational sound of creation.

Link: <https://meet.google.com/bbi-inxd-kpk>



Program Coordinators: Prof. Kirandeep Singh, Chairperson, Dept. of Education, 9814701696; Prof. Latika Sharma, Dept. of Education, 9988171707, panchkula@vkendra.org, <https://www.vrmvk.org> 0172-2564323, 7837033987

Online Celebration of International Yoga Day

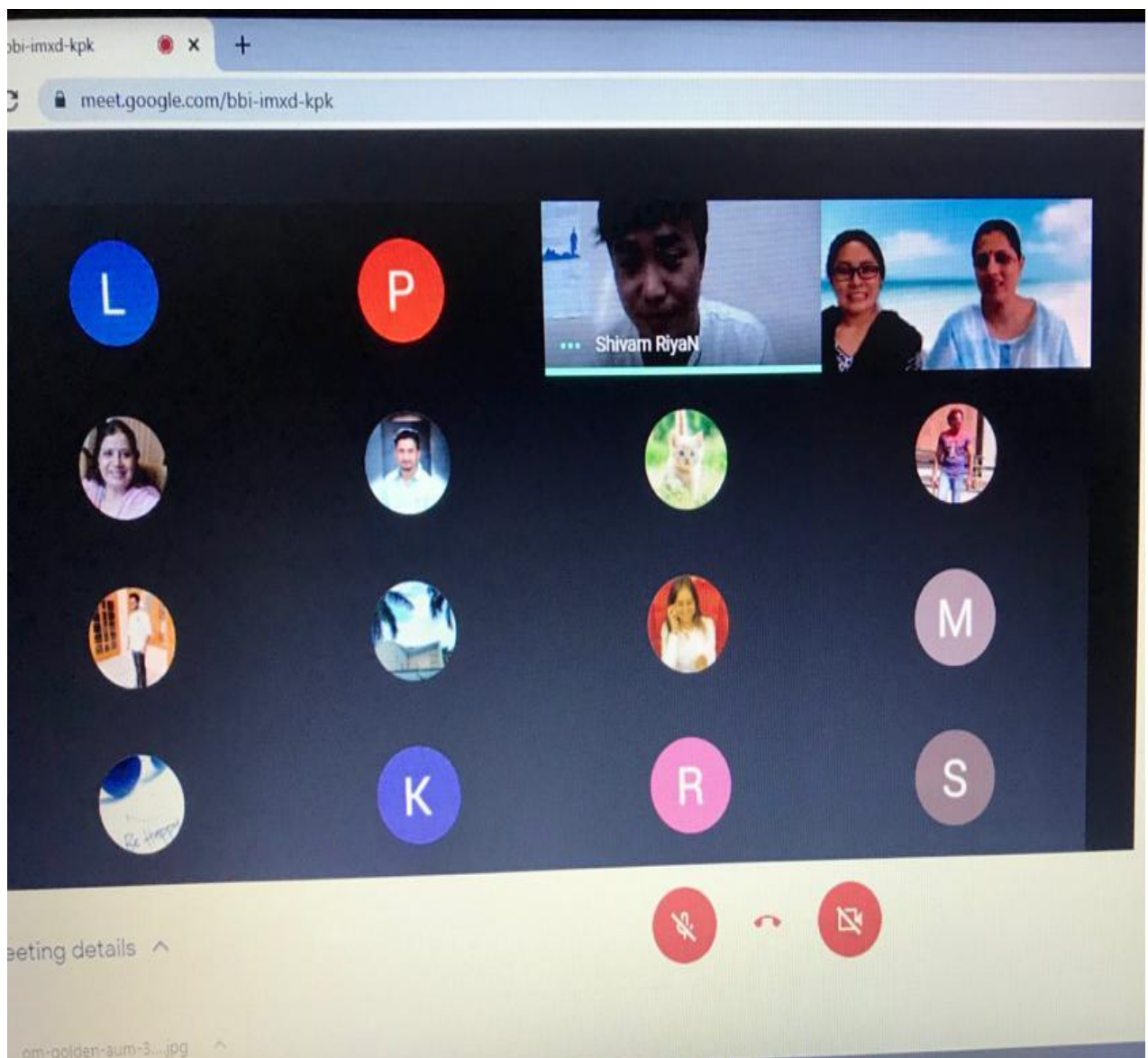
On the occasion of International Yoga Day on 21.06.2021, a two hour session on Om ki Mahima and Dhyana was organized by Department of Education in collaboration with Vivekanand Kendra Kanyakumari, Chandigarh Branch. Participants were welcomed by Prof. Latika Sharma through Patanjali Vandana.

The key resource person Prof. Nandita Singh gave an exhaustive explanation of the concept of Om.



Sushri Alka Gauri Joshi Pramukh Punjab and Haryana Prant gave a virtual practical presentation involving all the participants on Dhyam of Om.

The two sessions were punctuated with khel, quiz and Assans by Mr. Shivam Riyan, Karyapaddhati Pramukh and Sushri Tenzin, Vibhag Sangathak.



In the end, vote of thanks was given by the Chairperson Prof. Kirandeep Singh. She thanked the Faculty Members, Research Scholars and students of M.Ed. and M.A. (total 130 participants) for attending the International Yoga Day session on Om Dhyam. The session ended with a prayer by Prof. Latika Sharma.



Vivekanand Kendra Kanyakumari, Chandigarh Branch team inspired overall the students.

