



MESSAGE FROM THE VICE CHANCELLOR ON INTERNATIONAL DAY OF YOGA 2025

This auspicious day reminds us about the India's invaluable contribution to global well-being through the ancient and holistic practice of yoga. Recognized by the United Nations and celebrated across the world, Yoga is not just a form of physical exercise—it is a way of life that nurtures balance, discipline, and harmony between the mind, body, and spirit. The theme for this year, “Yoga for One Earth, One Health”, beautifully emphasizes how individual well-being is deeply linked to collective peace and progress. In today's fast-paced and stress-laden world, yoga offers a powerful means to reconnect with ourselves, develop inner resilience, and foster compassion for others. At our University, we are committed to promoting holistic education, where the integration of physical, emotional, and spiritual development is as vital as academic excellence. I urge all members of our academic community to adopt yoga not merely as a one-day event, but as a daily discipline that enhances personal well-being and builds a more mindful, inclusive, and sustainable future. Let us come together to celebrate this day with collective enthusiasm and make a renewed commitment to a healthier lifestyle. Wishing you all peace, health, and inner strength.

Prof. K.B. Das, Vice Chancellor

Yog Shivar @ CUJ

A "Yog Shivar" was organized by the Sports Wing from October 21st to 25th, 2024. The "Yoga Shivar: Yoga for Self and Society" event was specifically planned and organized for the students, research scholars, faculty members, officers, and non-teaching staff of the university. The university is actively promoting yoga with a morning session and various yoga competitions from time to time.



Yoga for One Earth, One Health

Prof. R. K. Dey, Director, IQAC

This year we are celebrating “11th International Day of Yoga” with the theme “Yoga for One Earth, One Health”. The United Nations, in its 69th session, agenda 124, noted the importance of yoga for individuals and populations for making healthier choices and lifestyle patterns that foster good health. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. The International Day of Yoga aims



to raise awareness worldwide of the many benefits of practicing yoga. Concept of Yoga According to Swami Vivekananda is that “Every human being wants to be happy, peaceful and fulfillment in their life”.

Hence, it is understood that the very nature of human being is related to happiness. We seek happiness in the external world, whereas, the source of happiness lies within our body and soul. “Yoga” is derived from Sanskrit. In English, “yoke”, meaning “to join”. That means - to join us to the reality - re-union of our soul to nature. Swami Vivekananda says, “Each soul is potentially Divine”. The goal is to manifest this divinity by controlling nature, be it external and internal.

The practice of Yoga is believed to have started with the very dawn of civilization. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru. (Yoga, its origin, history and development, Ministry of External Affairs, GoI). The role of ‘Yoga’ in Education carries utmost importance for holistic development of an individual in a number of ways. Scientifically it is proved that regular “Yoga” exercise enhances the concentration and focus in

learners. “Yoga” reduces stress and anxiety, thus promotes good physical health. “Yoga” promotes self discipline in individuals. And all these attributes make Yoga relevant for young students.

The National Education Policy (NEP) 2020 emphasizes a holistic approach to education, which includes the integration of yoga for physical and mental well-being. NEP 2020 aims to cultivate well-rounded individuals by promoting mindfulness, emotional balance, and social responsibility, aligning with the core principles of “Yoga”.



“Yoga” is seen as a tool to enhance concentration, reduce stress, and improve cognitive abilities, making it a valuable component of the educational system. Relating the discussion to the topic on “Yoga, research on yogic traditions, and the National Education Policy 2020”, it is understood that “Yoga” must be effectively taught to all students in both rural and urban India for the overall and holistic development of the mind, body and soul.

A healthy mind can be developed only in a healthy body which is devoid of any disease. Yogic practices such as Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Bandha etc., have proven to be highly effective in the mental, emotional, cognitive, spiritual and physical development of human beings. Cultivation of an all-inclusive character and holistic socialization are some of

the key requirements for the emergence of an equitable, educated and enlightened society. Thus, the National Education Policy 2020 should focus on implementing the universal philosophy of “Yoga” because the key principles of “Yoga” and the holistic development of a student's personality are both interconnected and interdependent. By exploring the therapeutic effects of yoga and its ability to increase quality of life, few examples of benefit of “Yoga” can be cited as follows: Mental health problems such as depression, anxiety, stress, and insomnia are among the most common reasons for individuals to seek treatment with complementary therapies such as yoga.

“Yoga” encourages one to relax, slow the breath and focus on the present, shifting the balance from the sympathetic nervous system and the flight-or-fight response to the parasympathetic system and the relaxation response. The latter is calming and restorative and it lowers breathing and heart rate; decreases blood pressure, lowers cortisol levels, and increases blood flow to the intestines and vital organs.

Apart from this, improved flexibility is one of the first and most obvious benefits of practicing yoga regularly. For example, with continued practice, a gradual loosening of the muscles and connective tissues surrounding the bones and joints happens and this is thought to be one reason that yoga is associated with reduced aches and pains. Regular “Yoga” exercise helps to build muscle mass and/or maintain muscle strength.

Yoga, with its emphasis on physical, mental, and emotional well-being, aligns young minds to health, productivity and fosters a heightened sense of awareness and responsibility in daily life. This mindfulness allows one to choose healthier and more sustainable lifestyles. In caring for ourselves, we begin to care for the Earth, reflecting the enduring Indian ethos of Vasudhaiva Kutumbakam — the world is one family. Jai Hind.

समाज निर्माण में योग की भूमिका

आचार्य विमल किशोर, शिक्षा विभाग

भारतीय ज्ञान परंपरा में “सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः” जैसे विचार को केंद्र में रखा गया है। योग इसी परंपरा का एक अमूल्य उपहार है, जो न सिर्फ व्यक्ति के आध्यात्मिक उत्थान का मार्ग है, बल्कि सामाजिक समरसता और सामूहिक कल्याण की ओर भी ले जाता है।



आज के दौर में जब समाज मानसिक तनाव, असंवेदनशील व्यवहार, और भावनात्मक असंतुलन से घिरा हुआ है, ऐसे में योग हमें आत्मचिंतन, आत्मसंयम और अनुशासन की ओर लौटने का मार्ग दिखाता है। प्राचीन ऋषि पतंजलि द्वारा प्रस्तुत अष्टांग योग- जिसमें यम, नियम,

आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान और समाधि शामिल हैं- के माध्यम से व्यक्ति भीतर से शुद्ध होता है और समाज के प्रति अपनी जिम्मेदारियों को बेहतर तरीके से निभा सकता है। योग दर्शन में जीवन को पूर्णता से जीने की कला निहित है।

योग व्यक्तिगत स्वास्थ्य के साथ साथ सामाजिक एकता के लिए एक महत्वपूर्ण साधन है। जब लोग विद्यालयों, कार्यालयों और अन्य जगहों पर एक साथ योग करते हैं तो इससे उनके बीच एकता और सहयोग की भावना बढ़ती है। योग शरीर, आत्मा और सांसों को संतुलित करके व्यक्ति को ऐसे भाव की ओर ले जाता है, जहां वह केवल अपने लिए नहीं, बल्कि समाज और प्रकृति के हित में काम करता है। योग को जीवन में अपनाकर न हम केवल स्वस्थ रह सकते हैं, बल्कि एक बेहतर समाज का निर्माण कर सकते हैं। यह हमें “वसुधैव कुटुम्बकम्” की भावना को व्यवहार में लाने के लिए प्रेरित करता है।

Yog Ambassador of CUJ



Dr. Rajesh Kumar, Sports In-charge

Ms. Preeti Kumari, an alumna of Department of Life Sciences (Batch 2010-15) and an excellent Yoga Player at the Central University of Jharkhand, has emerged as a distinguished Yoga Expert & Trainer representing India in international platforms. She has served as a Yoga Trainer in China, Taiwan and Thailand. Presently she is serving as a Yoga



Trainer at We Fitness Society, Bangkok, Thailand. Her deep knowledge of traditional Indian wellness practices, combined with academic excellence has enabled her to effectively blend science and spirituality. She has showcased her expertise in yoga across national as well as international forums, workshops, and exchange programs, where she serves as a Cultural Ambassador promoting India's rich heritage.

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Real Life Experience of Yoga during Corona Pandemic

Dr. B.B. Mishra, Controller of Examinations

It was the dreaded period of Corona pandemic when I was posted at AIIMS, Bhubaneswar during 2020 - 2021. Not only once, but I got affected twice from Corona as every day including holidays we all staff (Doctors/ Officers/ Non Teaching staff/ Nurses/ Paramedic staff) were attending office as directly or indirectly every one was involved in fighting the dreaded disease.



It was a hair raising experience which shouldn't be experienced by anyone further in future as a number of casualties used to be reported everyday and no relatives were there to claim the bodies even. The entire Team of AIIMS, Bhubaneswar were busy day in and day out irrespective of the rank and file. It was the second time when I again got affected by the Corona due to my comorbidities. It was very

severe that time when there was every possibility of my getting admitted in AIIMS. But, my then Director Prof Gitanjali Batmanbane advised to be under self isolation at home than getting admitted in hospital as almost all the beds in isolation wards were full with corona patients.

I honoured her advice and confined me to a single bedroom at my home and my wife took all required care of providing me medicine, food, hot Kada, oranges etc. at regular

intervals. Gradually one after the other my wife, my younger brother and his wife too got affected including our son & younger daughter as we are in a joint family. But, surprisingly my younger Brother in Law (wife's brother) who provided us medicines was spared who didn't get affected. Unforgettable those horrible memories. My senior officer in the Odisha Secretariate Dr Ajay Nayak, Joint Secretary with his better half Dr Reena Routray, a renowned personality in



the field of Social Service provided food at our home those days which proved that a friend in need is a friend in deed. And also, miraculously the volunteers of Satya Sai Seva Organisation of Bhubaneswar whom we never knew provided us Breakfast every day who at a later stage were found to be known to my Son-in-Law and elder daughter who were staying abroad at that point of time and it's nothing but the blessings of Lord Sai. Here comes the twist and the importance of Yoga in my life. Being a sports man and a Gold medalist in Air Force Gymnastics (Aerobics), I was inclined towards Yoga. And suddenly during my problematic days in Corona, it struck

my mind to practise Yoga which I immediately started at frequent intervals. To my utter surprise, I felt very comfortable, ease and active. Gradually my interest doubled and I devoted almost 8 to 9 hours a day at regular intervals (I got affected for total 12 days) which prompted me to share my experience with others as well. I have a very big circle in different all India groups through Social media (even today). Then, I started making reels of my Yogic practices of some popular asanas like Vajrasana, Malasana, and Ustrasana. Common pranayamas like Bhastrika, Kapalabhati, Anulom Vilom, Bhramari, and Udgeeth were also practised.

These practices were also combined with physical exercises which I learnt during my Defence career. The reels acclaimed a lot of popularity as many messages and personal phone calls from my friends, relatives including my affected sister and Brother-in-Law who himself a Doctor (all, who were affected or not affected) cropped in. My joy knew no bounds than preparing reels having different postures of Yoga & exercises of 10 minutes each and sharing the same within all my groups. How I passed through those difficult 12 days was never felt at all by me as I was deeply involved in Yoga practices by thoroughly enjoying every moment. And finally, I defeated the pandemic along with many of my family members, friends and relatives who too truly admired the Yoga which not only cured them from the dreaded disease of Corona but also developed the self confidence of remaining fit and fine by practising YOGA in their day to day life throughout.

योग : एक समग्र जीवन पद्धति आधुनिक युग में योग की नई पहचान

**डॉ. शशांक कुलकर्णी,
राजनीति और लोकप्रशासन विभाग**

भारत एक कृषि प्रधान देश है, जहाँ लगभग 60 प्रतिशत जनसंख्या प्रत्यक्ष रूप से और अन्य आबादी परोक्ष रूप से कृषि पर निर्भर है। कृषि उत्पाद की बात करें तो दूध, गेहूँ, चावल जैसी फसलों में हम दुनिया का नेतृत्व कर रहे हैं। इसके बावजूद भी भारतीय किसानों की स्थिति अत्यंत दयनीय बनी हुई है। कर्ज, फसल की असफलता, जलवायु परिवर्तन, बाजार मूल्य में गिरावट, और सरकारी नीतियों की अनदेखी जैसे अनेक कारणों से किसान आत्महत्या को विवश हो जाते हैं।

इसी कारण भारतीय कृषि और कृषकों की समस्याओं को गंभीरता के साथ लेने की आवश्यकता है। यह केवल आर्थिक संकट नहीं, बल्कि मानसिक, सामाजिक और आध्यात्मिक संकट का भी संकेत है।

भारतीय योग पद्धति के उपयोग से हम किसानों का जीवन सुधार सकते हैं। इस संदर्भ में यह समझना प्रासंगिक है कि योग जीवन पद्धति केवल शारीरिक व्यायाम भर नहीं, अपितु एक समग्र जीवनशैली है जो

मानसिक शांति, आत्म-संयम, भावनात्मक संतुलन और आध्यात्मिक उन्नयन के माध्यम से किसान जीवन में सकारात्मक परिवर्तन ला सकती है। ऋषि संस्कृति और कृषि संस्कृति अगर हाथ में हाथ मिलाकर चलती है तो किसानों के जीवन में सकारात्मक बदलाव आना स्वाभाविक प्रक्रिया हो सकती है। इसी कारण योग जीवन पद्धति को हम भारतीय जीवन पद्धति के रूप में भी समझ सकते हैं।



योग हमारी विरासत है और सामर्थ्य भी। इस कारण भारतीय किसानों के सामने आ रही समस्या का निराकरण हेतु इसे उपयोग में लाना आवश्यक भी है और स्वाभाविक भी है। योग जीवन पद्धति, भारत की प्राचीनतम विद्या है जो शरीर, मन और आत्मा के संतुलन पर बल देती है।

पतंजलि के अनुसार, योग मन की चंचलता को नियंत्रित करने की विधा है। इसी कारण हम यह समझ सकते हैं कि किसान आत्महत्या जैसी महत्वपूर्ण और ज्वलंत समस्याओं का समाधान देने की क्षमता भी योग के पास है। बस जरूरी है कि इस संदर्भ में मूलगामी चिंतन और दैनिक जीवन में इसे आत्मसात करने की।

डॉ. विभूति भूषण, अंतरराष्ट्रीय संबंध विभाग

योग, जो कभी प्राचीन भारत की आध्यात्मिक साधना का एक गूढ़ हिस्सा रहा है, आज दुनिया भर में एक लोकप्रिय और धर्मनिरपेक्ष स्वास्थ्य अभ्यास बन चुका है। इसकी उत्पत्ति वैदिक काल में हुई थी, और यह हिंदू, बौद्ध और जैन परंपराओं में विभिन्न रूपों में विकसित हुआ। पारंपरिक योग का उद्देश्य केवल शारीरिक स्वास्थ्य नहीं था, बल्कि आत्मा की शुद्धि, चित्त की एकाग्रता, और परम चेतना से जुड़ना था।

परंतु आज के आधुनिक संदर्भ में योग ने एक नया रूप ले लिया है। एक ऐसा रूप जो धार्मिक सीमाओं से परे जाकर स्वास्थ्य और मानसिक शांति का माध्यम बन गया है। आधुनिक योग मुख्यतः आसनों (योग मुद्राओं), प्राणायाम (श्वास-नियंत्रण) और ध्यान पर केंद्रित है। इनका उपयोग शारीरिक लचीलापन, मांसपेशियों की मजबूती, तनाव-निवारण और मानसिक स्थिरता प्राप्त करने के लिए किया जाता है।

आज योगाभ्यास जिम, योग स्टूडियो, स्कूलों, ऑफिसों और ऑनलाइन माध्यमों में आम होता जा रहा है। इसमें



धार्मिक मंत्रों, अनुष्ठानों या आस्था की आवश्यकता नहीं होती, जिससे यह किसी भी धर्म या विश्वास के व्यक्ति के लिए स्वीकार्य हो गया है। धर्मनिरपेक्ष योग की यह व्यापक स्वीकार्यता इसकी सफलता का मुख्य कारण है। पश्चिमी देशों में विशेष रूप से योग को पूरी तरह एक स्वास्थ्य अभ्यास के रूप में अपनाया गया है।

अनेक शोध यह सिद्ध कर चुके हैं कि योग से तनाव, चिंता, अनिद्रा, उच्च रक्तचाप और अन्य शारीरिक-मानसिक बीमारियों में राहत मिलती है। इसलिए चिकित्सक और मनोवैज्ञानिक भी इसे वैकल्पिक चिकित्सा के रूप में सुझा रहे हैं। हालांकि, कुछ परंपरावादी विद्वानों और योगाचार्यों का मानना है कि योग को उसके आध्यात्मिक और सांस्कृतिक संदर्भ से अलग कर देना उसकी आत्मा को खो देने जैसा है। उनका तर्क है कि योग केवल शरीर का व्यायाम नहीं है, बल्कि यह एक जीवनशैली, एक आध्यात्मिक साधना है, जिसे सही दृष्टिकोण से समझना और अपनाना चाहिए। आधुनिक धर्मनिरपेक्ष योग का यह लचीलापन ही इसकी वैश्विक लोकप्रियता का आधार है।

Yoga: A Gift for Art of Living

Dr. Hrishikesh Mahato, NSS Co-ordinator

A successful life for every individual refers to lifestyle of the person with prosperity, joy and happiness. In the early age the mind sets a goal (aim) and wants to achieve it as soon as possible. But setting a goal and achieving it is very difficult without judgement of strength. Of course, our goal may be very high.

We can achieve it only with well-planned preparation which requires very high level concentration, just like convex lens converges the rays of light to a fixed point (focus) and creates high energy to catch fire. Yoga is the lens of our life which converges our internal energy to crack the goal. Yoga is a practice that involves the physical, mental and spiritual self. It was a discipline that originated in ancient India and was aimed at

instilling peace of mind and body with concentration, meditation, postures and breathing. Yoga is the oldest ways to keep track of your mind and body. Centuries ago, people belonging to Hinduism, Buddhism and Jainism started the following yoga and continued even now.

Over the years, yoga experts have discovered different types of yoga offering numerous benefits. India is currently the center stage of yoga and people from other countries visit India to practice it. Proudly it can be noted that Indian monks have developed knowledge of yoga and spread it across the globe. Now a days it becomes a course of study in several educational institution which may be opted as noble



profession, like yoga instructor and demonstrator. Practicing yoga can help you calm your body and mind, which would, in turn, help you with your overall day-to-day performance in every field. Early age body balance, strength and flexibility decreases gradually which can be improved by yoga practice.

There are many physical and medical issues can be resolved by yoga. It can ease the symptoms of arthritis, keeps your heart and lungs healthy. It reduces stress and promotes good sleep yield your sound mind and health. It improves emotional and psychological health. It helps in managing anxiety and any symptoms of depression. It improves you with better energy that would help you to be

efficient in everyday life. Currently, when the whole world is fighting against Coronavirus, yoga has gained its importance. The craze of yoga among people has increased so much and people are ready to join it via digital mode. Breathing practices have become a common practice for people as the medicines have not been introduced for the deadly virus.

Several mudras and postures are also recommended by the doctors during this time. Yoga is safe and is practiced even by kids and older people. There is no use of hard equipment, but only movements of the body for the extension. Yoga gives relaxation to not only the mind but also flexibility to the body. It has now become part of course curriculum in the educational institutions across the country. It is a gift for art of living that serves the entire humanity.