

## Report: International Day of Yoga 2022

Charu Lata & Paramananda Barman

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CSIR-National Institute of Science Communication and Policy Research, New Delhi organised a NIScPR SVASTIK lecture on 17<sup>th</sup> June, 2022 on **Scientific Understanding of Yoga** as a part of its International Day of Yoga Celebrations 2022.

The session started with an introduction of the session by Dr Charu Lata, Senior Scientist who explained the lineage of yoga. She highlighted the efforts of Hon'ble Prime Minister Shri Narendra Modi in bringing Yoga to the global platform and 21<sup>st</sup> June being celebrated as the International Day of Yoga (IDY), following its inception in the United Nations General Assembly in 2014 with the aim to conserve and promote Yoga.

Prof Ranjana Aggarwal, Director, CSIR-NIScPR gave welcome address and introductory remarks. Prof Aggarwal mentioned the importance of celebrating International Yoga Day on 21<sup>st</sup> June, the longest day of the year, and the importance of Yoga in connecting human beings to the environment. She emphasised that Yoga is an invaluable gift from India to the world that balances physical, mental and spiritual pursuits to achieve harmony of the body, mind and human relationships. Yoga emphasises on mindfulness, discipline, and perseverance. It offers long-term sustainability when applied to communities and societies. Prof Aggarwal also spoke about the SVASTIK (Scientifically Validated Societal Traditional Knowledge) initiative by CSIR-NIScPR to communicate India's traditional knowledge with scientific basis to the society through popular channels. She expanded on the various efforts by the SVASTIK team on different fronts and told that until now 13 stories on our traditional knowledge with scientific basis in the domains of metallurgy, Ayush, mathematics, hydrology, and sustainable agriculture were documented and communicated in 16 different languages of India using infographics and audio-visuais. Prof Aggarwal mentioned that an infographic series on large-scale genomic studies validating the positive impact of Yoga on human well-being has also been disseminated under SVASTIK.






**अंतर्राष्ट्रीय योग दिवस समारोह 2022**  
**International Day of Yoga Celebration 2022**  
 Theme: Yoga for Humanity  
**CSIR-NIScPR, New Delhi invites you to join the NIScPR SVASTIK Lecture on**  
**Scientific Understanding of Yoga**

**Date: 17/06/2022, Time: 11:00 AM - 12:00 PM | Join us live at : [facebook.com/niscprcsir/live](https://facebook.com/niscprcsir/live)**

**Distinguished Speakers**

  
**Shri Subhash C Kesarwani**  
 Director (NGS), NTIPRIT, DoT,  
 Govt of India

  
**Prof Ranjana Aggarwal**  
 Director  
 CSIR-NIScPR

**Organising Committee:**

**Chairperson: Ms Charu Verma**

**Members:**  
 Dr Charu Lata  
 Mr Kashmiri Lal  
 Mr R K Nagarwal  
 Mr Pukhraj

The distinguished speaker for the session was Shri Subhash Kesarwani, Director (NGS), NTIPRIT, DoT, and Founder, Deshyoga Charitable Trust, who elaborated on the teachings of Swami Vivekananda, and the importance of practicing Yoga as a lifestyle. He emphasised on keeping the body free of toxins and explained the significance of *Satvik Ahar*. He discussed that healthy food regime and regular Yoga routine together will help improve body's immunity to fight against diseases. Shri Kesarwani described right dietary practices for a *Satvik* lifestyle. He also demonstrated right techniques of doing *tratak*, *jal-neti*, *nain-neti*, *kapalbhati* etc. He spoke of the need to reach out to the public and teach them about our traditional practice(s).

Overall, the session on Scientific Understanding of Yoga highlighted the importance of Yoga and how it can be inculcated in our current lifestyles.

The program was concluded with an interactive question-and-answer session where participants clarified doubts regarding various yoga practices with the invited expert Shri Kesarwani, followed by the Vote of Thanks by Ms. Charu Verma, Chairperson IDY 2022 Committee, CSIR-NIScPR.

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