

Events organised under Centre for Yoga and Well Being during 2019-20

5th International Day of Yoga

The 5th International Day of Yoga was organized with great enthusiasm on 21st June, 2019. The event took place in the College Gymnasium from 7:00 am onwards. A large number of people which included students, staff and community along with their families attended the programme. A welcome speech was given by Dr Seema Singh, TIC, Deptt. of Physical Education. This was followed by a welcome address delivered by the College Principal, wherein she announced the opening of a Yoga Centre in the college to promote it amongst all. A talk on Yoga was delivered by Yoga expert, Ms Fatima. The participants practised various asanas and were enlightened on their benefits. Yoga demonstrations were performed by the college yoga team. The session ended with a question-answer round.

All the participants left feeling relaxed and refreshed. Refreshments were also given to all the participants.



Workshop on Yoga

Yoga is a great way to get rid of the stress in the body and mind. Yoga postures, pranayama and meditation are effective techniques to calm the mind, achieve good concentration and rejuvenate the body and mind.

In view of this, the Department of Physical Education, under the Centre of Yoga and Well Being organised a 'Workshop on Yoga' on 23 January 2020 in the College Conference Hall from 10 am to 12 noon. The workshop was taken by Yoga therapist Mr. Vinay Kumar Bharati, who has been conducting Mass Awareness Programmes in Yoga and Meditation.

The session began with a collective prayer, followed by a lecture on Yoga for Healthy Living. It proceeded towards demonstrations of basic yoga practises for a healthy lifestyle, group yoga asanas by the participants and a discussion on disease-based yoga practises. The session saw over 150 students and faculty members in attendance and concluded with the Shanti Path.

The workshop proved to be a very informative and enlightening experience for the staff and students alike.

