

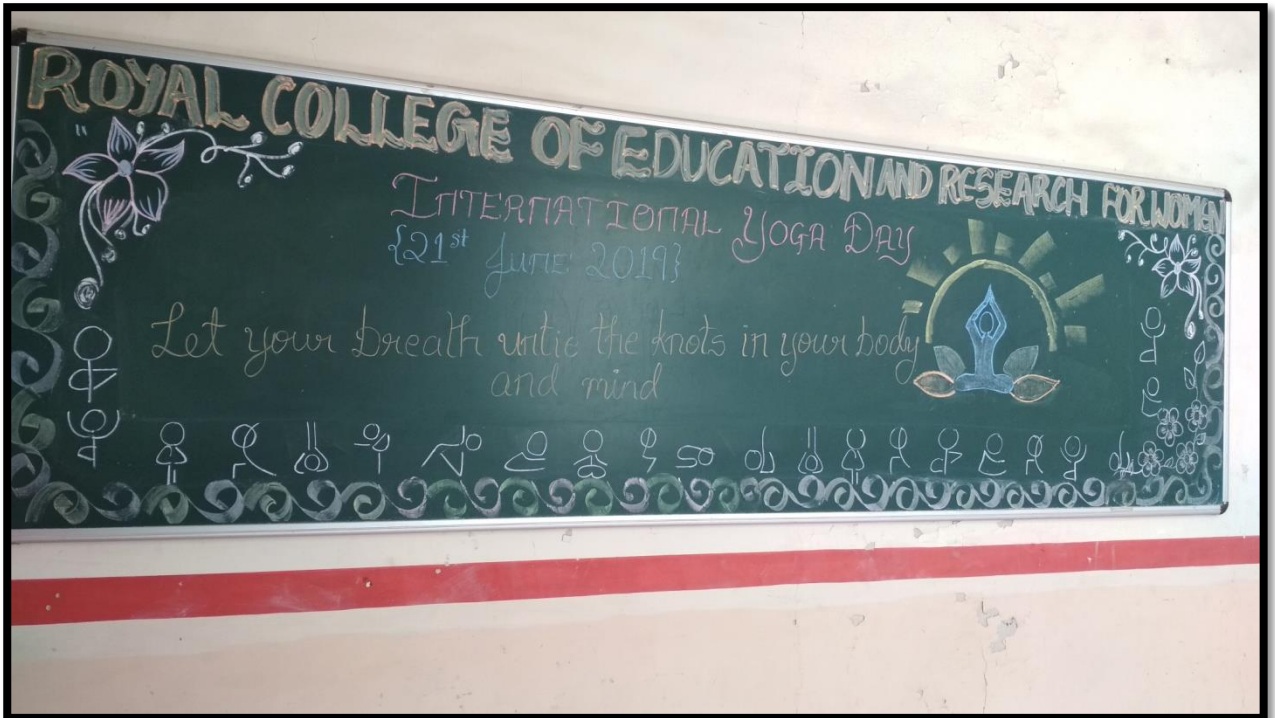
# Yoga Day 2019-20

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

DATE: 21<sup>ST</sup> June, 2019

TIME: 9: 30 AM to 10:50 AM

"Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day."



*Student Council* of Royal College of Education and Research for Women had organized “*The International Yoga Day*” on 21st June in their premises to observe the day and to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Our students got the chance to know how yoga embodies unity of mind and body. The programme started with special assembly on the observation of ‘International Yoga Day.’ *The assembly included the world news related to Yoga, thought for the day with the theme Yoga, Importance of Yoga, healthy eating habits, emergence of Yoga Day*

*(Historical background), Yoga and Mental Health, Types of Yoga Asana, Mindfulness and Yoga, Benefits of Yoga, a motivational video on Yoga and Precautions to be taken while performing yoga.*

A special session on **Yoga for Teachers** was conducted by Ms.Sonia Tiwari. She discussed different Asanas and Pranayama which are very effective and helpful to handle the professional stress of a teacher. Yoga is essentially a path to liberation from all bondage. Students gave the awareness about medical research in recent years has uncovered many physical and mental benefits that Yoga offers, corroborating the experiences of millions of practitioners. Students enumerated the benefits of Yoga as:-

- Yoga is beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health.
- It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many life style related disorders.
- Yoga helps to reduce depression, fatigue, anxiety disorders and stress.
- Yoga regulates menopausal symptoms.
- In essence, Yoga is a process of creating a body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life.

This session lasts for 40 minutes.



**Special Assembly on 'International Yoga Day'**

The next session was conducted by **Ms. Afrin sheikh and Ms. Apoorva bhargava** , the trained students(S.Y.b.Ed) in yoga. They helped students to learn the positive impacts of meditation and understand the benefits of yoga for their personal and professional life. Finally the yoga session ended with Pranayama and meditation. Prayers were recited before and after

the programme. The students discussed that Yoga works on the level of one's body, mind, emotion and energy.

The students performed 'Yogic exercises' and 'Pranayama' to celebrate this day. Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.

There was an interactive session at the end of programme where students were given opportunities to raise the question/problems to Instructors so that suitable solutions/remedies can be provided to them through resource persons. Also, this session provided the platform to share their experiences among themselves. This session also lasts for 40 minutes.

*Students performing on 'International Yoga Day'*



*'Mindfulness and Yoga'*



*Workshop on Pranayama*



*Workshop on Basic Yogic Practices*



INCHARGES:

Ms. Mandrita Motra

Ms.Sonia Bombacha

