

# Yoga Day 2021-22



*"Set Peace of Mind as your Highest Goal and Organize your life around it."*

**ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN**  
MIRA ROAD (EAST)

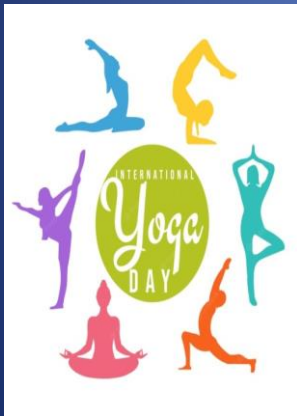
## WOMEN CELL

*Celebrates*

## INTERNATIONAL YOGA DAY 2022

(Yoga for Humanity)

*with*



**YOGA INSTRUCTOR** : Ms. MANDRITA

**DATE** : 30<sup>th</sup> JUNE 2022 (THURSDAY)

**TIME** : 05:00 P.M To 05:30 P.M.

**VENUE** : Yoga Centre , Room No. 413,  
4<sup>th</sup> Floor



**PRINCIPAL :**

**Dr.(Ms.) JUDY GRACE ANDREWS**

**CONVENORS:**

**Ms. Smriti Sood, Ms. Mandrita Mitra, Ms. Manpreet Kaur**

**ROYAL COLLEGE OF EDUCATION & RESEARCH FOR WOMEN**

**B.ED. 2021-2022**

**SCHEDULE FOR YOGA DAY**

**30<sup>th</sup> June, Thursday 2022**

TIME : 5.00 P.M to 5.30 P.M

DURATION : 30 minutes

INSTRUCTOR : Ms. Mandrita Mitra

<b>SR.NO.</b>	<b>NAME OF THE ACTIVITY</b>
1	Introduction of International Yoga Day by Principal
2	Importance of Yoga In 'Women Life' and Educators
3	Meditation and Stretching
4	Practice of Asana
5	Practice of Pranayama
6	Vote of Thanks

**Andrews**

**Dr. Ms. Judy Grace**

**PRINCIPAL**

**REPORT**

**EVENT:** INTERNATIONAL YOGA DAY,2022.

**DATE:** 30.06.2022

**TIME: 5PM TO 5.30PM**

"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."

International Yoga Day was celebrated by the WDC of Royal College of Education and Research for Women. The session was taken by one of the faculty member, Ms.Mandrita Mitra who is a Life Skills trainer also. The session was taken for F.Y.B.Ed (academic year 2021-23).

The session started with the discussion on International Yoga Day with the theme of 2022, Yoga for Humanity by Pricipal Madam Dr.Ms. Judy Grace.. The importance of practicing Asanas, Pranayama and Meditation for empowering womanhood were being discussed.

The importance of yoga was explained with respect to different aspects like physical health, mental health, social health, spiritual health and self realization. It was also explained how yoga can help us in balancing these aspects in life.

A yoga session was conducted where Ms. Mandrita Mitra initiated the session with a stress buster meditation session.. She took a physical training session, where students are made to do few sitting and standing exercises along with some stretches and breathing exercises (pranayamas). It was quite refreshing and soothing as the students felt relaxed.

At the end of the session vote of thanks was offered by CR of F.Y.B.Ed.

**ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN**

**WOMEN DEVELOPMENT CELL**

**CELEBRATES**

**INTERNATIONAL YOGA DAY 2022**

