

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN
REPORT ON INTERNATIONAL YOGA DAY: A WOMEN DEVELOPMENT CELL
ACTIVITY

NAME OF EVENT: International Yoga Day

DATE: 24th June 2024

VENUE: Multipurpose Hall

TIME: 9:30 am onwards

NO. OF PARTICIPANTS: 15

COORDINATOR:

Asst. Prof. Ms. Mandrita Mitra

Asst. Prof. Ms. Sonal Chavan

ROYAL COLLEGE OF EDUCATION & RESEARCH FOR WOMEN

WOMEN DEVELOPMENT CELL
Organizes

**INTERNATIONAL
YOGA DAY**

Yoga is the journey of the self, through the self, to the self

Venue : Multipurpose Hall
Date : 24th June 2024
Time : 9:30 a.m. onwards
Principal : Dr. Judy Grace Andrews
Incharge : Asst. Prof. Ms. Mandrita Mitra
Asst. Prof. Ms. Sonal Chavan

OBJECTIVES:

Awareness:

The objective of yoga is to promote holistic health through physical exercise, stress reduction, and spiritual growth, while preserving yoga's cultural heritage and fostering inclusive communities for all to benefit.

SKILLS DEVELOPMENT:

Following skills are developed:

- Flexibility and balance
- Strength and posture
- Self-awareness and mindfulness
- Patience and discipline
- Regulation of emotion

REFLECTION:

Reflecting on yoga practice provides an opportunity to observe its multifaceted benefits and personal impact, specifically in womanhood, discussed by the yoga instructor Ms. Nanda. The yoga instructor of the institution Ms. Nanda informed that, through regular sessions, individuals can notice improvements in physical health, such as increased flexibility, strength, and a more balanced posture. These physical changes not only enhance overall fitness but also contribute to a sense of vitality and well-being in daily life.

Moreover, yoga fosters mental clarity and emotional resilience through mindfulness techniques and deep breathing exercises. As practitioners delve into moments of stillness and introspection on the mat, they may experience reduced stress levels, enhanced focus, and a greater ability to manage life's challenges with equanimity. This mental fortitude gained through yoga extends beyond the practice, influencing how individuals approach relationships, work, and personal goals.

LEARNING OUTCOMES: At the end of the event, students will be able to:

- Gain awareness of yoga's benefits for physical health, mental well-being, and stress reduction.
- Develop attitude to practice yoga in day to day life
- Learn skills of Yogic Asanas and meditation

FEEDBACK OF THE STUDENTS

Ms. Shakina: By embracing yoga, we can achieve a state of physical, mental, and spiritual well-being.

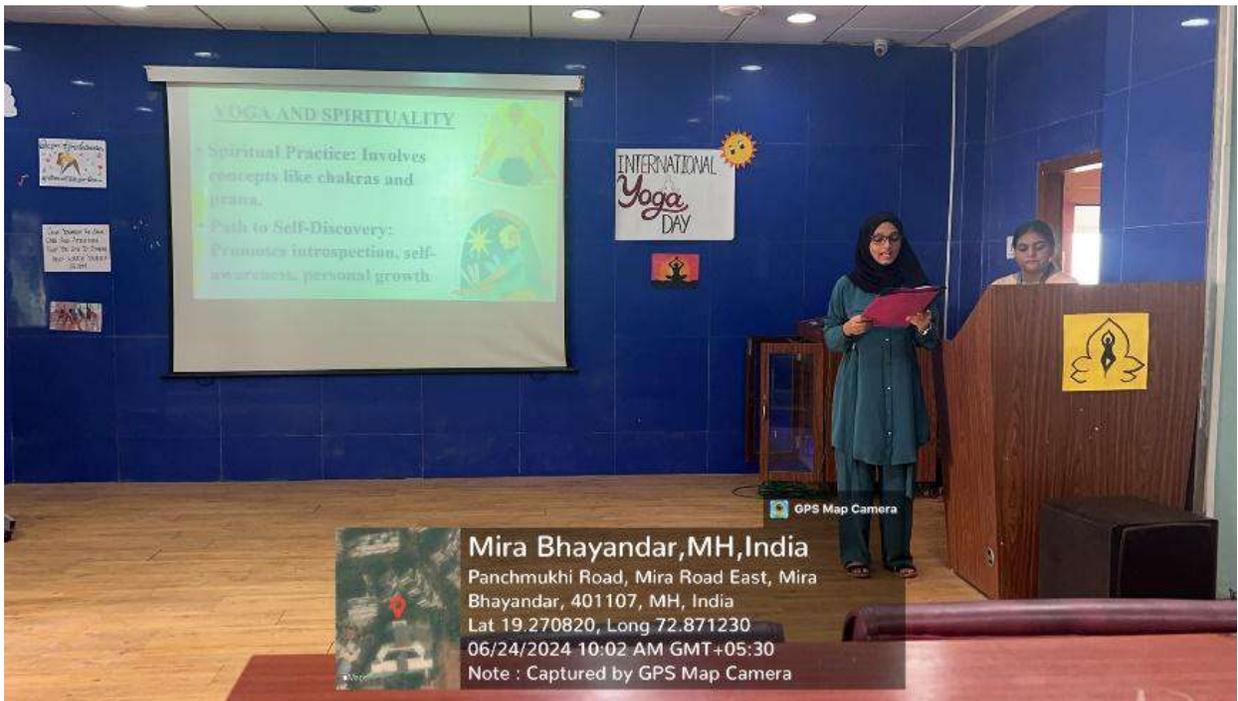
Ms. Fatima: It was a very fun and refreshing activity. Starting the day with yoga gave us a fresh start to the day.

Ms. Attiya: The activities conducted on the occasion of international yoga day were effective and it help me to understand the benefits of yoga.

PHOTO GALLERY:



Paper Reading Session Tips on Mental Well Being of Women



Paper Reading Session on Mental Well Being of Women



Meditation Session



Yoga Session on Women Health



Principal's Addressal

Coordinator

Mandrita Mitra

Ms. Mandrita Mitra

Sonal Chavan

Ms. Sonal Chavan



Judy
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Dr. Judy Grace Andrews