

STUDENTS WELFARE DEPARTMENT

A

SUMMARY

Report

On

INTERNATIONAL YOGA DAY

Organized by

Department of Student Welfare

At

College Campus



KG REDDY
College of Engineering
& Technology

DATE: 21/6/2020

Submitted by

STUDENTS WELFARE DEPARTMENT


SWD HOD


PRINCIPAL

Principal
KG Reddy College of Engineering & Technology
Chilkur (V) Moinabad (M),
R. R. Dist.

Objective

. To help people of the world understand and know the many benefits of **yoga** in healing the mind, body and soul.

Outcome

. Multiple studies have confirmed the many mental and physical benefits of **yoga**. Incorporating it into your routine can help enhance your health, increase strength and flexibility and reduce symptoms of stress, depression and anxiety

Report

Activity: Inter National Yoga Day

Time: 4:00 PM to 5:00 PM

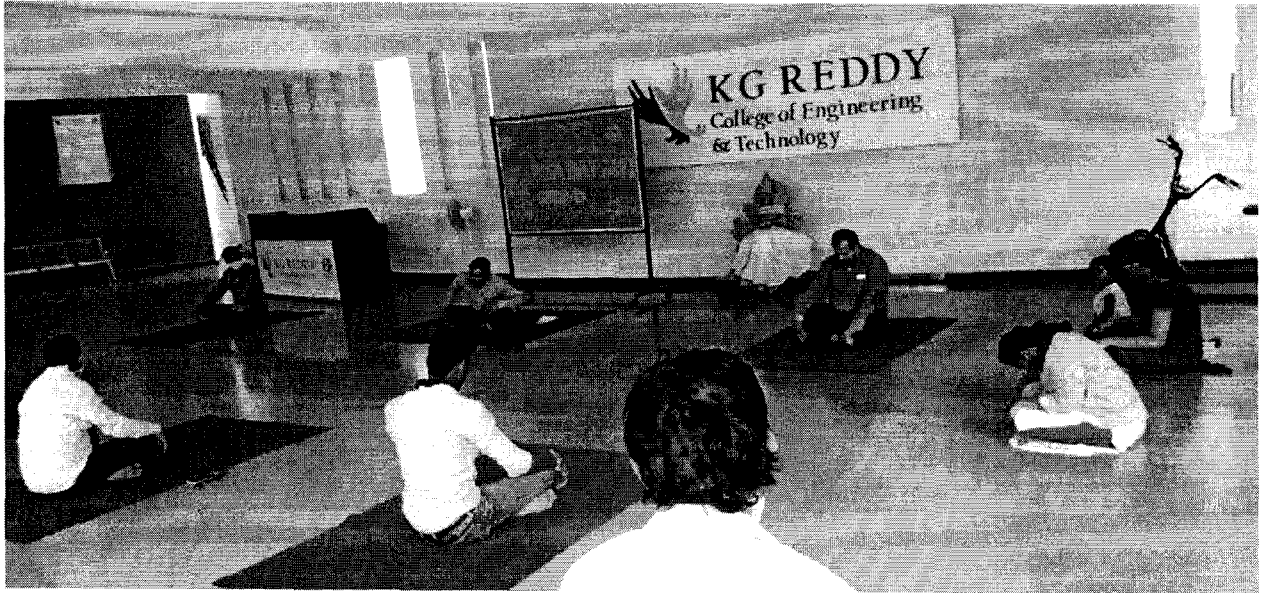
Speaker: Dr D. Chandraprakash

The word 'yoga' is derived from Sanskrit and means to join or to unite, symbolizing the union of a person's body and consciousness.

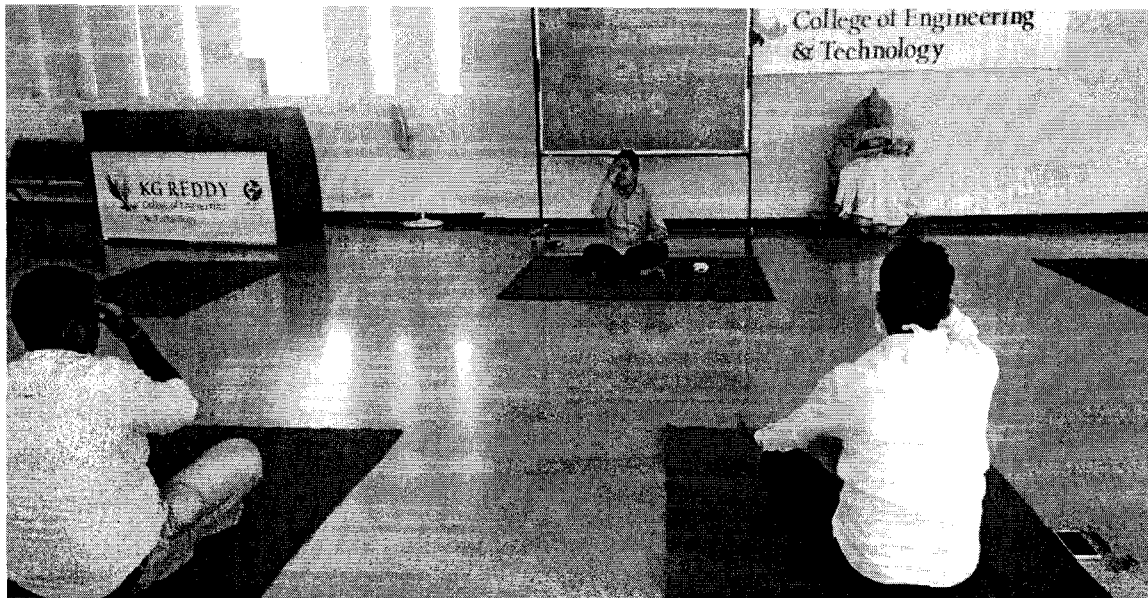
"Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness," the United Nations website says.

According to its famous practitioner BKS Iyengar, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions."

In its 'Common Yoga Protocol' from 2019, the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) lists Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, Bandhas and Mudras, Satkarmas, Yuktahara, Mantra-japa, Yukta-karma among popular yoga 'sadhanas'.



Padamasan Pic



Nadi shodan pranayamam