



National Service Scheme
Sri Arvind Mahila College, Patna
Accredited by NAAC with B⁺ Grade
(A Constituent Unit of Patliputra University, Patna)



Date 21.06.2021

Report on International Yoga Day Online Session: "The Importance of Yoga During the COVID Era"

Organized by: NSS in collaboration with the Department of Political Science, Sri Arvind Mahila College, Kazipur, Patna

Date: June 21, 2021

Platform: Online (via Google Meet)

Total Participants: 30

Session Type: Debate

Organizing Secretary: Dr. Sapna Barua

Convener and Programme Officers: Dr. Rita Singh (Programme Officer, NSS Unit 2) and Dr. Geeta Kumari (Programme Officer, NSS Unit 1)

Coordinator: Mr. Rajeev Shankar Sinha

Keynote Speaker: Prof. Sadhana Thakur

Total Participants: 30

In honor of International Yoga Day, Sri Arvind Mahila College held a virtual debate session on "The Importance of Yoga During the COVID Era." The NSS units, in collaboration with the Department of Political Science, organized the event to discuss the multifaceted role of yoga in enhancing mental and physical health amidst the ongoing challenges posed by the COVID-19 pandemic.

The debate opened with a warm welcome from Dr. Sapna Barua, the Organizing Secretary, who expressed the significance of yoga as a holistic practice that provides resilience and balance. Dr. Rita Singh and Dr. Geeta Kumari, Programme Officers of NSS Units 2 and 1, respectively, coordinated the event and encouraged students to actively participate in the discussion on the relevance of yoga during these times.

Keynote Speaker: Prof. Sadhana Thakur, an esteemed figure in yoga and wellness, delivered the keynote address. Prof. Thakur provided insights into how yoga supports immunity, reduces stress, and enhances respiratory health—critical areas of concern during the pandemic. Her address set the stage for the debate, offering participants foundational knowledge on the physical, mental, and emotional benefits of regular yoga practice.

Debate Highlights: Participants engaged in a lively debate, presenting arguments on the following themes:

1. **Yoga for Immunity and Health Resilience:** Some participants argued that yoga, with its focus on breath control and physical postures, provides a natural boost to the immune system, making it a valuable preventive practice.
2. **Mental Health and Well-being:** Another group highlighted how yoga contributes to mental wellness, reducing anxiety, and supporting emotional stability—particularly important for those dealing with isolation and stress during lockdowns.

3. **Adaptability of Yoga in Daily Life:** Several debaters emphasized the accessibility of yoga, as it requires minimal space and equipment, making it an ideal form of exercise during restrictions on outdoor activities.

Interactive Session: Following the debate, Prof. Thakur led an interactive session, where students asked questions about integrating yoga into their daily routines. Dr. Thakur demonstrated a few simple yoga postures and breathing exercises, which participants could easily incorporate into their daily lives.

Conclusion: Mr. Rajeev Shankar Sinha, the Coordinator, concluded the session by highlighting the importance of maintaining a balanced lifestyle and encouraged students to practice yoga as a means of fostering holistic well-being. He thanked Prof. Thakur, the organizing team, and all participants for a meaningful discussion.

Feedback and Outcome: Participants shared positive feedback, noting the session's practical relevance and the motivational impact of the debate. Many expressed a newfound appreciation for yoga as a preventive and restorative practice, especially in the context of pandemic-related challenges.

The debate successfully fostered awareness of yoga's benefits, uniting students, faculty, and NSS officers in a shared commitment to health and wellness.



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NOTICE

International Yoga Day Celebration

Sri Arvind Mahila College, Kazipur, Patna
NOTICE
Date: 18.06.2021

Subject: Online Debate Session on International Yoga Day – "The Importance of Yoga During the COVID Era"

All students are hereby informed that an online debate session will be held on **21st June 2021** to celebrate International Yoga Day. This session, titled "**The Importance of Yoga During the COVID Era**," will highlight the role of yoga in enhancing mental and physical health, especially during challenging times.

Event Details:

- **Session Type:** Online Debate
- **Date:** 21st June 2021
- **Platform:** Google Meet (Link: <https://meet.google.com/ivw-xats-yjw>)
- **Keynote Speaker:** Prof. Sadhana Thakur
- **Organizing Secretary:** Dr. Sagna Barua
- **Convener:** Dr. Rita Singh (Programme Officer, NSS Unit 2) and Dr. Geeta Kumari (Programme Officer, NSS Unit 1)
- **Coordinator:** Mr. Rajeev Shankar Sinha

Total Seats: 30

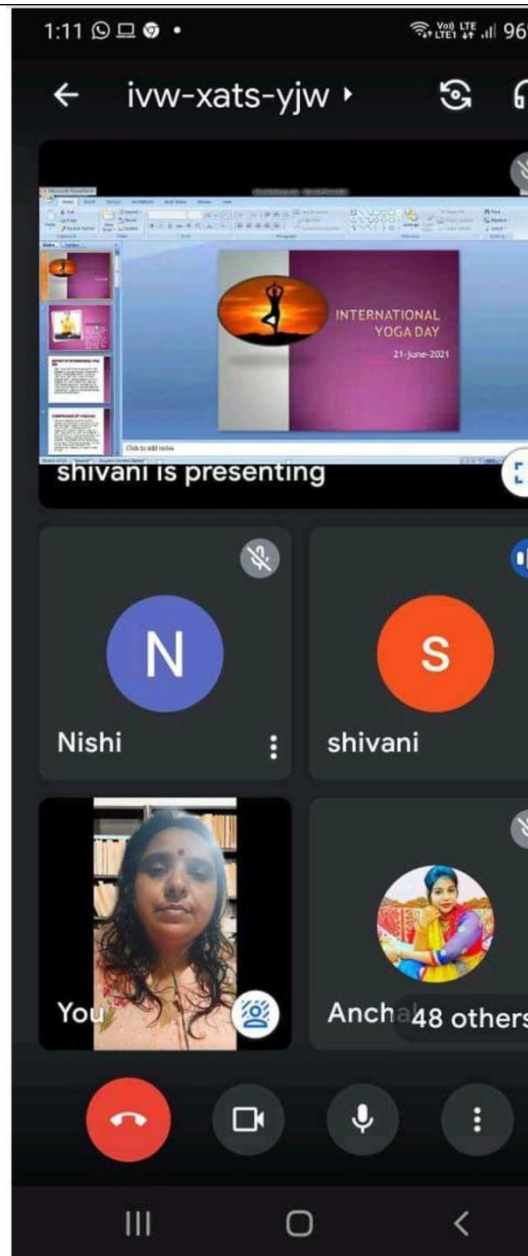
This session provides a valuable opportunity to understand the importance of yoga in promoting health and well-being during the COVID-19 pandemic. We encourage all students to participate actively.

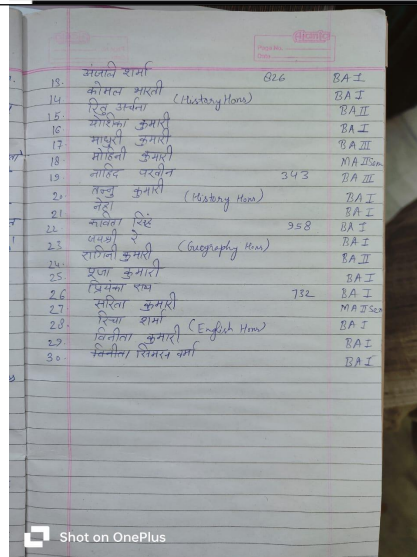
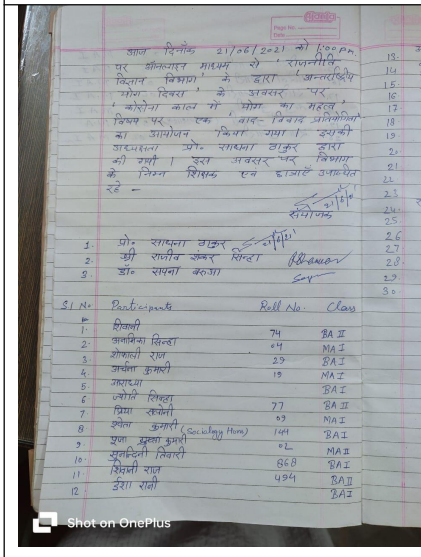
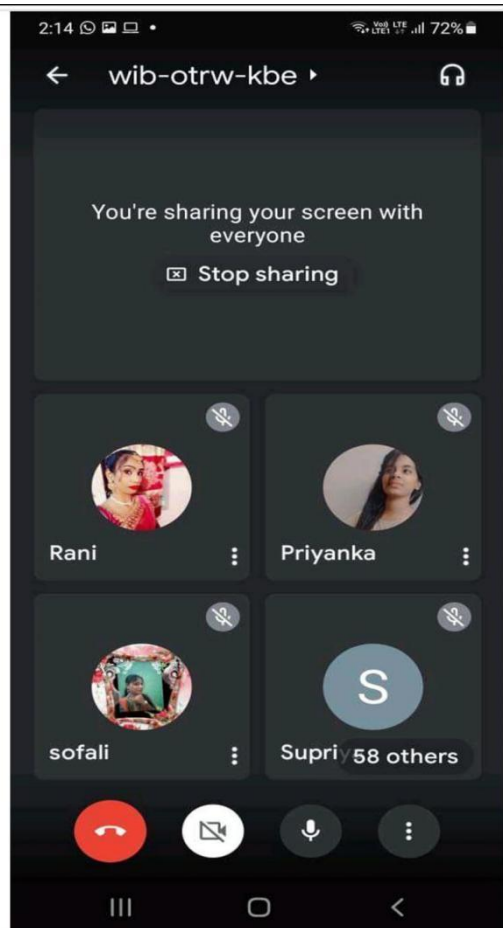
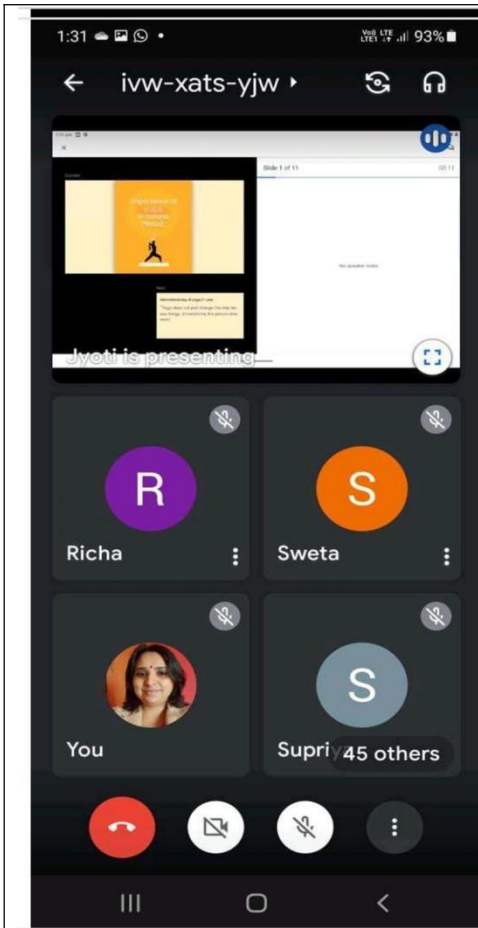
Geeta Kumari

Dr Geeta Kumari
Programme Officer
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Rita Singh

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