



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



Date 21.06.2018

Report on Three-Day Yoga Shivar on International Yoga Day 2018

Event Name: Three-Day Yoga Shivar

Dates: 19th June 2018 to 21st June 2018

Organizing Department: National Service Scheme (NSS) & EBSB in collaboration with Lions Club, Patna.

Principal: Prof Poonam Chaudhary

Programme Coordinators: Dr Prem Kumari, Dr. Geeta Kumari, Dr. Rita Kumari

Overview of the Event:

From 19th June 2018 to 21st June 2018, Shri Arvind Mahila College, Patna, hosted a **Three-Day Yoga Shivar** in celebration of International Yoga Day. The event aimed to promote the benefits of yoga and encourage participants to adopt a healthy lifestyle through regular yoga practice. The Shivar was organized by the college's National Service Scheme (NSS) unit, with active participation from students, faculty members.

Key Highlights of the Yoga Shivar:

Day 1 - International Yoga Day (19th June):

- The first day coincided with International Yoga Day and began with an inaugural session led by **Prof Poonam Chaudhary**, who emphasized the importance of yoga for physical and mental well-being.
- The session included a demonstration of foundational **asanas** (yoga poses) such as **Surya Namaskar** (Sun Salutation), **Tadasana** (Mountain Pose), and **Vrikshasana** (Tree Pose). Participants were guided through breathing exercises like **Pranayama** to help reduce stress and improve concentration.

Day 2 - Advanced Yoga Practices (20th June):

- The second day focused on advanced yoga postures and meditation techniques. The sessions were led by experienced yoga instructors, who demonstrated **Bhujangasana** (Cobra Pose), **Dhanurasana** (Bow Pose), **Padmasana** (Lotus Pose), and guided participants through a deeper meditation session.
- The instructors also shared insights into the **philosophy of yoga**, discussing the holistic benefits of regular practice, including physical health, mental clarity, and emotional stability.

Day 3 - Holistic Health and Wellness (21st June):

- The final day was dedicated to understanding the connection between yoga, diet, and holistic well-being. Participants were introduced to **mindful eating practices** and the role of a balanced diet in enhancing the effects of yoga.
- The session concluded with a **group meditation**, aimed at fostering a sense of inner peace and unity among the participants.

Participation and Response:

The three-day event witnessed enthusiastic participation from students, faculty, and staff. Attendees expressed their appreciation for the opportunity to engage in this comprehensive yoga program, which allowed them to experience the transformative power of yoga in both physical and mental aspects. Many participants shared their intention to continue practicing yoga as part of their daily routines.

Conclusion:

The **Three-Day Yoga Shivar** at Shri Arvind Mahila College was a great success, effectively promoting the importance of yoga as a means to achieve a balanced and healthy life. The event fostered a sense of unity and well-being among participants and emphasized the value of incorporating yoga into everyday life. The Shivar concluded with a collective commitment to maintain a regular yoga practice, ensuring a healthier future for all.



	<u>NAME</u>	<u>Class</u>	<u>Roll No</u>	<u>Contact</u>
1	ANjali Kumari	Passout	Passout	754305
2	Anjali Kumari	Passout	Passout	983507464
3	Pralibha Kumari ^{12th}	Passout	12 th Passout	7257888
4	Doiyanka Kumari	B.Sc I st	107	9470232
5	Nishu Kumari	B.Sc I st	243	9308638116
6	Aparna Rani	B.Com	180	8809185593
7	Suktama Swaraj	B.Com I st yr.	210	88639060
8	Priya Saloni	B.A I year	167	912844171
9	Anamika Sinha	B.A "	95	705029731
10	Neha Kumari	B.A "	104	983501715
11	Kajal Kumari	B.Com I st yr.	186	72570208
12	Puja Kumari	B.A I year	142	805132915
13	Manisha Kumari	B.A "	620	763168864
14	Chanchal Kumari	B.A "		8210406005
15	Milhi Katar	(Trainer)		7485876606
16	Heelam Kumari	(Sports)		9708473235
17	Rani	(Sports)		7808080425
18	Dr. Archana Tripathy	Hindi VCC		970832906
19	Dr. Sakina Mawlafe			9204942986
20	Prity Kumari (BCA 1 st year)		09	7254970265

20-6-18 Yoga Sinha				21-6-18 Yoga			
Name	Roll No	Class	Contact	NAME	Class	Roll No	Contact
1) Sakshi	114	B.A-1st yr	87572705	1. POOJA SINHA	M.Com. 1st Sem.	04	620270789
2) Anamika Senia	95	B.A-1st yr	905029781	2. KHUSHBOO SINGH	M.Com. 1st Sem.	51	9534735184
3) Priyanka Kumari	187	B.com I st yr	6200141909	3) RAKHI BHUSHAN	B.A PART I	421	95071048
4) Neha Kumari	104	B.A 1 st yr	983501752	4) VARSHA RANI	B.A PART I	610	70045671
5) Chamchel Kumari	52	BA 1 st yr	8210406009	5) ANOMA KUMARI	B.A PART I	609	722206262
6) Puja Kumari	172	B.A 1 st yr	8051329194	6) SHRUTI KUMARI	I.com	04	8294843
7) Pooja Saloni	164	B.A 1 st yr	9128441115	7) MANISHA UPADHYAY	I.com	61	7050359
8) Priyanka Kumari	107	B.Sc 1 st	9470233078	8) RAJAL KUMARI	B.com (1 st yr)	186	7257020
9) Nisha Kumari	243	B.com	930868116	9) PRIYANKA KUMARI	B.com (1 st yr)	187	62001419
10) Kajal Kumari	186	B.com 1 st	7257020867	10) RASHMI BHARTI	H.com 1 st	01	8051038146
11) Manisha Upadhyay	61	I.com 2 nd	7050359314	11) KIRAN KUMARI	B.CA (1 st year)	07	725066760
12) Shweta Kumari	04	I.com 2 nd	82948439	12) SHRUTI KUMARI	B.Sc 1 st year (Maths)		827124137
13) Swati Saha	37	B.A 1 st	805151019	13) Pooja Raj	B.Sc 1 st year (Maths)		7903309933
14) Pooja Raj		B.Sc 1 st year	790330993	14) Anisha Anand	I.Sc (Bio)	193	8434625556
15) Shweta Kumari		B.Sc 2 nd year	8271264137	15) Anisha Rani	I.Sc (Maths)	181	850758979
16) Sweetsi Raj		12 th	7783200588	16) SUBHKRITI Kumari	B.Sc (Maths)	280	829887017
17) Neha Jha		B.Sc III rd year	7199769436	17) PINKI KUMARI	B.Sc (Maths)	13	8709528317
18) Swati Joshi		B.Sc. III rd year	957078455	18) CHINKI MALHAR	B.com (A/c)		743408330
19) Dr. Shakira Mustafa		Sports	920494998	19) Ankita Kumari Verma	B.com (A/c) 1 st	49	8409210092
20) Rani		NCC. ANO	7208080	20) Shikha Anand	B.Sc (Zoology) 1 st	84	905049608
Dr. Archana Tripathy		B.CA 1 st year	970832986				
Pooja Kumari		(Sports)	725497026				
Xelena		(Treasurer)	370847323				
Mili Kato			342827660				

Geeta Kumari

Dr Geeta Kumari
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Rita Singh

Dr Rita Singh
Programme Officer
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