



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



Date: 21.06.2019

Report on International Yoga Day – Yoga Shivr

Event Name: International Yoga Day

Date: 21.06.2019

Organizing Department: National Service Scheme (NSS)

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

Overview of the Event:

On 21st June 2019, Shri Arvind Mahila College, Patna, celebrated International Yoga Day by organizing a **Yoga Shivr** (Yoga Camp) in the college premises. The event was aimed at promoting physical and mental well-being through the practice of yoga, in line with the global celebration of International Yoga Day.

Key Highlights:

- **Mass Yoga Session:** The Yoga Shivr featured a mass yoga session where participants, including students, faculty members, and staff, practiced various yoga postures under the guidance of trained instructors. The session focused on a series of **asanas** (yoga poses), **pranayama** (breathing exercises), and **meditation techniques**.
- **Principal's Address:** **Prof Usha Jha** addressed the gathering, emphasizing the importance of yoga in maintaining a balanced and healthy life. She encouraged everyone to incorporate yoga into their daily routines for better physical, mental, and emotional well-being.
- **Guided Meditation:** The event also included a guided meditation session that helped participants relax and connect with their inner selves, promoting mental clarity and stress reduction.

Participation and Response:

The Yoga Shivr saw enthusiastic participation from a large number of students and faculty members. The attendees appreciated the opportunity to engage in yoga practices and expressed their intention to continue yoga as part of their daily fitness regimen. The positive response highlighted the growing awareness of the benefits of yoga in fostering a healthy lifestyle.

Conclusion:

The International Yoga Day celebration at Shri Arvind Mahila College successfully highlighted the importance of yoga for overall well-being. The event fostered a sense of unity and encouraged participants to adopt yoga as a path to a healthier and more balanced life. The active involvement of students, faculty, and staff made the Yoga Shivar a memorable and impactful event.

Notice

Date: 19th June 2019

Subject: Celebration of International Yoga Day - Yoga Shivar

This is to inform all students, faculty members, and staff that the **National Service Scheme (NSS)** Unit of **Sri Arvind Mahila College** will be organizing a **Yoga Shivar** on the occasion of **International Yoga Day** on **21st June 2019**. The event aims to raise awareness about the numerous health benefits of yoga and encourage everyone to adopt yoga as part of their lifestyle.

Event Details:

- **Date:** 21st June 2019
- **Time:** 7:00 AM – 8:30 AM
- **Venue:** College Campus (Yoga Hall)

Program Schedule:

Introduction to Yoga

A brief talk on the significance of International Yoga Day and the benefits of yoga for physical and mental well-being.

Yoga Practice Session

A guided session featuring various **asanas** (postures), **pranayama** (breathing exercises), and relaxation techniques.

Meditation Session

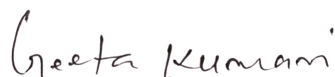
A short meditation session to promote mindfulness and inner peace.

Participation:

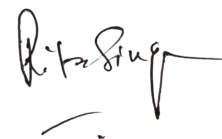
- All students and staff are encouraged to participate in the Yoga Shivar to experience the physical and mental benefits of yoga.
- Participants are advised to wear comfortable clothing and bring a yoga mat for the session.

We invite everyone to join us in this celebration of health and well-being on **International Yoga Day**.

For further details or registration, please contact the NSS Office.



Dr Geeta Kumari
Programme Officer
NSS Unit 1



Dr Rita Singh
Programme Officer
NSS Unit 2





श्री अरविंद महिला कॉलेज

श्री अरविंद महिला कॉलेज में दो दिनों तक चले योग शिविर का समापन शुक्रवार को हो गया. इस अवसर पर कॉलेज की प्राचार्या प्रो ऊषा झा ने कहा कि योग को चित्तवृत्ति निरोध कहा गया है. जिसका अर्थ हुआ कि मन की चंचलता को नियंत्रित करने का नाम योग है. जिसके बाद योग शिक्षिका पूनम पचेरीवाला ने सभी लोगों को योग के विभिन्न आसनों को करना सिखाया. इनमें सूर्य नमस्कार, प्राणायाम, अलोम-विलोम के अलावा ध्यान मुद्रा भी शामिल है.

राज्यपाल ने कहा, योग दुनिया को भारत का अमूल्य उपहार



रोग भगाने के संकल्प स्टूडेंट्स ने किया योग

राज्यपाल श्री अरविंद ने कहा कि योग दुनिया को भारत का अमूल्य उपहार है. योग के माध्यम से मानवता को एकता और अहिंसा के भावों से जोड़ सकते हैं. योग के माध्यम से मानवता को एकता और अहिंसा के भावों से जोड़ सकते हैं. योग के माध्यम से मानवता को एकता और अहिंसा के भावों से जोड़ सकते हैं.

श्री अरविंद महिला कॉलेज

श्री अरविंद महिला कॉलेज में दो दिनों तक चले योग शिविर का समापन शुक्रवार को हो गया. इस अवसर पर कॉलेज की प्राचार्या प्रो ऊषा झा ने कहा कि योग को चित्तवृत्ति निरोध कहा गया है. जिसका अर्थ हुआ कि मन की चंचलता को नियंत्रित करने का नाम योग है. जिसके बाद योग शिक्षिका पूनम पचेरीवाला ने सभी लोगों को योग के विभिन्न आसनों को

	Name	Class	Roll no.	Sign
1.	Chandni Koi	B.Com I	23	Chandni Koi
2.	Purnam Koi	B.A II.	129	Purnam Koi
3.	Astha Koi	B.A - I	231	Astha
4.	Kavita Koi	B.com Ist	07	Kavita
5.	Jyoti Koi Singh	B.Com Ist	278 278	Jyoti Singh
6.	Sruita Koi	D.C II	165	Sruita Koi
7.	Komal Koi	B.Sc - I	76	Komal
8.	Monika Koi	B.A I	405	Monika Koi
9.	Shivani Koi	B.A II.	152	Shivani Koi
10.	Sonita	B.Sc II	76	Sonita
11.	Nigar Sultan	B.Sc III	190	Nigar Sultan
12.	Shivani Koi	B.A II	152	Shivani Koi
13.	Arjita Kumari	I Sc I	202	Arjita Kumari
14.	Yashodhara	D.A II	439	Yashodhara
16.	Nigan Sultana	B.Sc III	190	Nigan Sultan
12.	Nandita	I.Sc	114	Nandita
18.	Soni Kumari	B.A Ist	616	Soni Kumari
19.	Simran Singh	B.Com III rd	116	Simran Singh
20.	Ayashi Kumari	B.Sc - I	232	Ayashi Kumari
21.	Sozita Kumari	B.Sc - I I	165	Sozita Kumari
22.	Anshu Koi	19th I.A	97	Anshu Kumari
22.	Madhuri Singh	BSC II	252	Madhuri Singh
23.	Anjali Kumari	BSC II	118	Anjali Kumari
24.	Jyoti Kumari	B.A (II)	181	Jyoti Kumari
25.	Arjita Kumari	ISC II	207	Arjita Kumari
26.	Mamta Kumari	B.C Ist	86	Mamta Kumari
22.	Rashmi Kumari	B.Sc I st	137	Rashmi Kumari
28.	Anjali Kumari	B.Sc - I I	118	Anjali Kumari
29.	Juli Kumari	ISC - II	178	Juli Kumari
30.	Shristy Kumari	B.A Ist	644	Shristy Kumari

Geeta Kumari

Dr Geeta Kumari
Programme Officer
NSS Unit 1

Rita Singh

Dr Rita Singh
Programme Officer
NSS Unit 2