



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



Report on International Yoga Day 2020: Yoga Ke Kai Rang

Date: 21st June 2020

Venue: Online Event

Organized by: Home Science Department & NSS Units 1 & 2, Sri Arvind Mahila College, Patna

Introduction:

On the occasion of **International Yoga Day 2020**, the **Home Science Department** in collaboration with **NSS Units 1 & 2** at **Sri Arvind Mahila College, Patna**, organized an online **yoga session** to celebrate the significance of yoga in promoting physical, mental, and spiritual well-being. The theme of this year's celebration was "**Yoga Ke Kai Rang**", which aimed to highlight the diverse benefits of yoga in daily life.

Due to the ongoing pandemic, the event was conducted virtually, ensuring the participation of students, faculty, and NSS volunteers from the safety and comfort of their homes. The online platform allowed participants to engage in the session while adhering to social distancing norms.

Objectives:

1. **To promote the practice of yoga** as a means to maintain physical health, mental clarity, and spiritual peace.
2. **To raise awareness** about the importance of yoga in the current challenging times, particularly for managing stress and improving immunity.
3. **To engage students and faculty** in an interactive and practical yoga session, encouraging them to incorporate yoga into their daily routines.

Program Details:

- **Chief Speakers: Aditi Jain** and **Ekta Jain**, renowned yoga instructors from Indore, were invited as the keynote speakers for the session.
- **Moderator:** The session was conducted and moderated by **Dr. Vimi Singh**, Head of the Home Science Department, who welcomed the participants and introduced the speakers.
- **Yoga Session:** The online yoga session began with a brief introduction to the significance of yoga by Dr. Vimi Singh. The session was followed by a demonstration of various **yoga asanas (postures)**, **pranayama (breathing techniques)**, and **mindfulness exercises** by Aditi Jain and Ekta Jain.
- **Interactive Component:** Participants were encouraged to practice along with the speakers, and were also given the opportunity to ask questions and clarify doubts about different poses and techniques.

Key Highlights:

- **Expert Guidance:** Aditi Jain and Ekta Jain provided detailed instructions on performing various yoga postures that help improve flexibility, strength, and mental focus. They emphasized the importance of **breathing techniques** (pranayama) in reducing anxiety and stress.
- **Mental Health Focus:** The session also incorporated exercises aimed at improving mental well-being, particularly in the context of the emotional challenges faced during the pandemic.
- **Participation:** The event saw active participation from students, faculty, and NSS volunteers who practiced the asanas and engaged in discussions on the benefits of yoga for overall health.
- **Health Awareness:** Dr. Vimi Singh concluded the session by emphasizing the importance of incorporating yoga into daily routines for a healthier and more balanced life.

Conclusion:

The **International Yoga Day 2020** online celebration at **Sri Arvind Mahila College** was a great success. The event served as a reminder of the holistic benefits of yoga in enhancing physical health, mental peace, and spiritual growth. The active participation of students and faculty members made the session both engaging and informative. By incorporating **yoga** into our daily lives, we can not only improve our individual well-being but also contribute to a healthier and more mindful community.

This online initiative also highlighted the role of digital platforms in promoting health and wellness, especially in times when physical gatherings are limited.



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Date: 19th June 2020

NOTICE

International Yoga Day Celebration

Subject: International Yoga Day 2020 – Online Yoga Session

This is to inform all students that, on the occasion of **International Yoga Day 2020**, the **Home Science Department** in collaboration with **NSS Units 1 & 2** of **Sri Arvind Mahila College** will be organizing an **online yoga session** to promote the importance of yoga for physical, mental, and spiritual well-being.

The session will be conducted by renowned yoga instructors **Aditi Jain** and **Ekta Jain** from **Indore**, and moderated by **Dr. Vimi Singh**, Head of the Home Science Department. The session will cover various **yoga postures (asanas)**, **breathing techniques (pranayama)**, and **mindfulness practices**.

Event Details:

- **Date:** 21st June 2020
- **Time:** 8:00 AM – 9:00 AM
- **Mode:** Online (Link will be shared with registered participants)
- **Organized by:** Home Science Department & NSS Units 1 & 2
- **Program Officers:** Dr. Geeta Kumari, Dr. Rita Singh
- **Moderator:** Dr. Vimi Singh

Instructions:

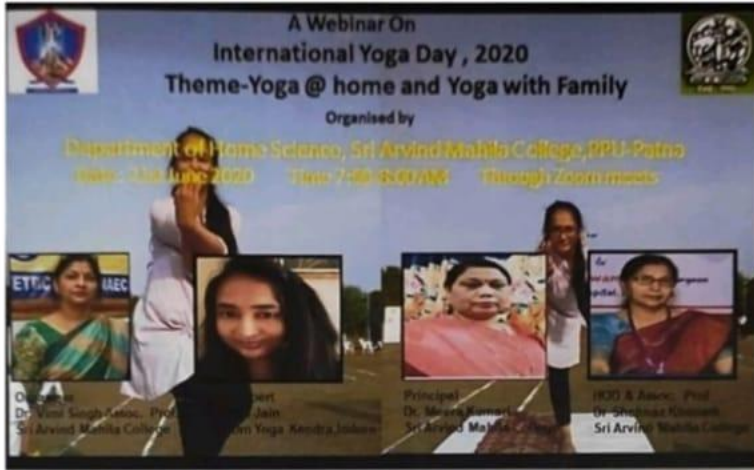
- All students and faculty members are encouraged to participate in this session.
- Please **register your name** with the NSS office by **20th June 2020** to receive the online session link.
- Participants should wear **comfortable attire** suitable for yoga practice.

Geeta Kumari

Dr Geeta Kumari
Programme Officer
NSS Unit 1

Rita Singh

Dr Rita Singh
Programme Officer
NSS Unit 2



ऑनलाइन योग कार्यक्रम में जाना महत्व : योग एक प्राचीन अभ्यास है जो लोगों के शारीरिक, मानसिक और अध्यात्मिक शांति व आत्मविश्वास देता है. इसको अपना कर लोग बेहतर तरीके से जीवन से जुड़ी अनेक गतिविधियों का सामना कर सकते हैं. यही कारण है कि आज देश-दुनिया में योग विभिन्न रूपों में प्रचलित हो रहा है. यह बातें अंतर्राष्ट्रीय योग दिवस पर अरविंद महिला कॉलेज में आयोजित ऑनलाइन योग कार्यक्रम में संयोजक विमी सिंह ने कही. कार्यक्रम में कॉलेज की प्राचार्य ने योगा एक्सपर्ट अदिति जैन एवं उनकी सहयोगी एकता जैन का स्वागत करते हुए कहा कि इस विषम परिस्थिति में योग के माध्यम से कोरोना जैसे बीमारी से खुद के बचाव के लिये शरीर की रोग प्रतिरोधक क्षमता बढ़ायी जा सकती है.

योग के कई रंग

ऑनलाइन हुआ योगाभ्यास पटना। अरविंद महिला कॉलेज के गृह विज्ञान विभाग की ओर से योग दिवस पर ऑनलाइन योगाभ्यास का आयोजन किया गया। इसमें मुख्य वक्ता के रूप में इंदौर से आदिति जैन और एकता जैन मौजूद रहीं। कार्यक्रम का संचालन विभाग की डॉ. विमी सिंह ने किया। उन्होंने कहा कि योग शारीरिक, मानसिक और आध्यात्मिक अभ्यास की प्राचीन परंपरा है।

Umi Singh is inviting you to a scheduled zoom meeting.

Topic: Celebration on International Yoga Day
Time: Jun 21, 2020 07:00 AM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

<https://us02web.zoom.us/j/89524478592?pwd=aEpiYlFCR2tRQUUBrMUdQTCtNSHkxZa09>

Meeting ID: 895 2447 8592

Password: 390525

One tap mobile

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+13017158592,,89524478592#,,,0#,,390525# US (Germantown)

Dial by your location

+1 253 215 8782 US (Tacoma)

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+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 646 558 8656 US (New York)

+1 669 900 9128 US (San Jose)

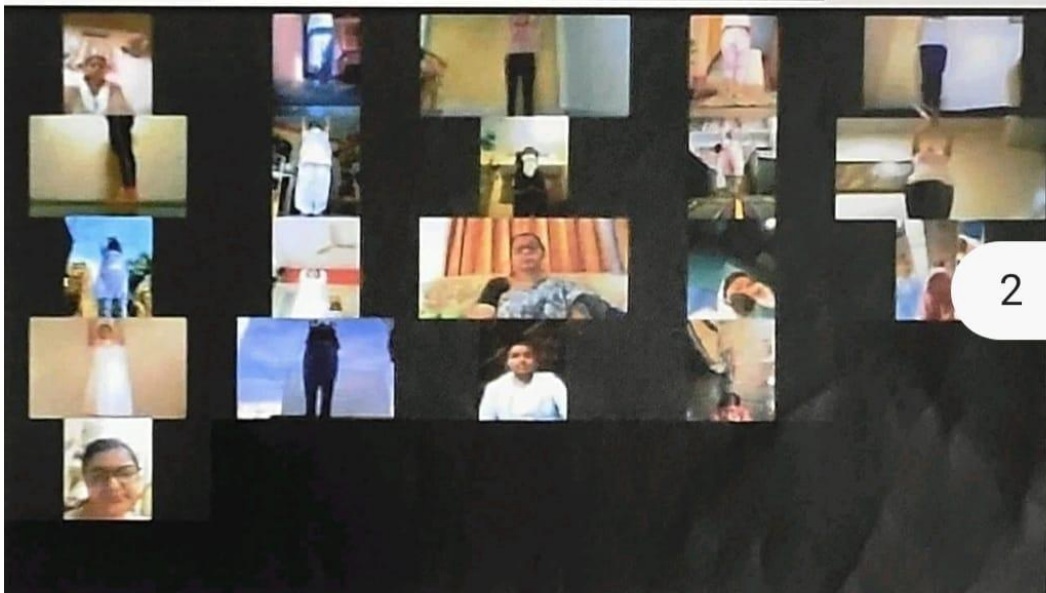
Meeting ID: 895 2447 8592

Password: 390525

Find your local number:

<https://us02web.zoom.us/j/89524478592?pwd=aEpiYlFCR2tRQUUBrMUdQTCtNSHkxZa09>

8:03 pm



Geeta Kumari

Dr Geeta Kumari
Programme Officer
NSS Unit 1

Rita Singh

Dr Rita Singh
Programme Officer
NSS Unit 2