

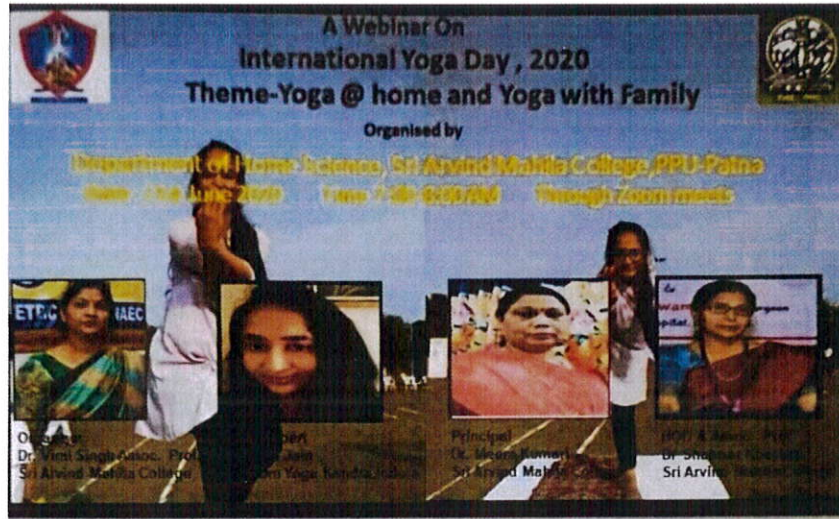


Sri Arvind Mahila College, Patna
Accredited by NAAC with B⁺ Grade
(A Constituent Unit of Patliputra University, Patna)



Webinar on International yoga day

Date	No. of students enrolled	Organizing Department
21-06-2020	54	Prof. Ramesh Chandra Sinha Indian council of philosophical Research, New Delhi



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 एक्स्पर्ट 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।

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Principal
Sri Arvind Mahila College
Patna

Translated (English) version of Report on Webinar: International Day

Sri Arvind Mahila College, Patna
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Report on Webinar: International Yoga Day

Date: 21st June 2020

Organized by: Sri Arvind Mahila College, Patna

Venue: Online Platform

No. of students enrolled: 54

Programme Coordinator: Vimi Singh

Objectives


- **Promote Wellness:** Educate students on the benefits of yoga for mental, physical, and spiritual health.
- **Philosophical Engagement:** Provide insights into the historical and philosophical aspects of yoga.
- **Encourage Participation:** Foster a sense of community and engagement among students through meaningful discussions on holistic well-being.

Highlights

- **Active Participation:** A total of 54 students enrolled and participated in the webinar.
- **Enlightening Session:** Prof. Ramesh Chandra Sinha elaborated on yoga as a tool for achieving mental clarity, emotional stability, and spiritual growth.
- **Interactive Dialogue:** Students actively engaged in discussions, asking questions about incorporating yoga into their lives and its role in managing stress, especially in the context of contemporary challenges.
- **Seamless Organization:** The event, despite being held online, showcased the college's adaptability and dedication to promoting wellness and intellectual growth.

Conclusion

The webinar on International Yoga Day was a resounding success. It not only deepened students' understanding of yoga but also inspired them to adopt a balanced and mindful approach to life. The collaborative efforts of the faculty, led by Dr. Vimi Singh, underscored the college's commitment to nurturing well-rounded individuals. The session concluded with a call to action, encouraging students to integrate the learnings of yoga into their daily lives and contribute positively to their communities.


Principal
Sri Arvind Mahila College
Patna

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=aEp1YlFCR2tRQUVBrMUdQTctNSHkxZz09>

Meeting ID: 895 2447 8592

Password: 390525

One tap mobile

+12532158782,,89524478592#....0#..390525# US
(Tacoma)

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

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Germantown)

+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=aEp1YlFCR2tRQUVBrMUdQTctNSHkxZz09>

8:03 pm



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Principal
Sri Arvind Mahila College
Patna

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Webinar on International Yoga Day 2020

DATE-21ST June 2020



A screenshot of a Zoom meeting interface. The main window shows a woman in a pink t-shirt and patterned pants performing a yoga pose (Padmasana) on a rooftop with a building in the background. The name "Rajkumar Jain" is visible at the bottom left of the main window. The top of the interface shows a grid of other participants' thumbnails, including "Vimi Singh", "Oudai Kumar", "Rami", and "Neha bharti". The top right corner shows "TECNO Camon F...". The bottom right corner shows a list of participants (14) with their names and status icons. The Windows taskbar is visible at the very bottom, showing the time as 9:37 on 21-06-2020.

Saadh
Principal
Sri Arvind Mahila College
Patna