



GOVT. DEGREE COLLEGE AKHNOOR, J&K

REPORT OF NATIONAL LEVEL SYMPOSIUM ON INTERNATIONAL YOGA DAY

Ek Bharat Shreshtha Bharat Club of GDC Akhnoor organized a National level Symposium on the occasion of International Yoga Day under the theme “Yoga At Home and Yoga With Family”. The Symposium was organized by EBSB Nodal Officer Pooja Devi, under the competent guidance of worthy Principal Dr. Namarta through digital media platform owing to the COVID-19 pandemic. The symposium was observed with effect from 11th of June, 2020 to 18th of June, 2020 and finalized on 20th of June, 2020. A total number of 21 students across the country participated in the symposium and concluded successfully with the issuance of e-certificate to participants.

The theme focused on a message that during COVID-19 people must stay home with family and should do yoga regularly as yoga is one of the best therapeutic during a pandemic. The main objective of the symposium was to create the awareness among the students that Yoga is one of the most effective ways to stay fit, healthy, active and positive in life especially in a time of anxiety and stress during the corona virus in the country. It aims to understand students about the importance of Yoga in the times of COVID-19 and also the physical, mental and spiritual benefits that can be derived by practicing Yoga. We appreciate our participants and look forward for their continued interest in our future events.



INTERNATIONAL YOGA DAY

GDC AKHNOOR is going to organize a national symposium on 6th International Yoga Day i.e. on 2020 with the theme "Yoga at home and Yoga under the guidance of Worthy Principal Dr. Namal".

The sub-theme of the symposium will be:

- Importance of Yog in relieving stress
- Yog: The way of life
- Relevance of Yog during covid-19 pandemic
- Impact of Yog on my life
- Yog: Balance of Body & Mind

GUIDELINES:

- Submission of presentation can either be hand written or typed, in English, Hindi and Dogri
- Word limit of presentation should be minimum of 250 words and maximum of 300 words.
- Submission of presentation to be made through e-mail to: npsatgdc@gmail.com by 14/05/2020.
- E certificate of participation will be provided to everyone registered if they will send an e-mail.
- Registration link: <https://docs.google.com/forms/d/1xwunU5Ht4G5o0SaAOEHFW9jNYu1eZJL.../edit>

Organiser
Prof. Pooja Devi
(GDC Akhnoor)

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Yog: The Way of Life

Yoga offers a package for a happy life which includes physical health, mental health and spiritual health. Yoga can work at these levels. One, it can significantly boost immunity. Two, by practicing yoga, can avoid depression and stress. Yoga helps the global community set own goals for itself as we can come out stronger.

- **Immunity booster**
Immune system gets weak if you have a disease, chronic health conditions such as diabetes, hypertension, inflammation and other issues and above all stress. Yoga works very fast. A single session of yoga is known to reduce stress, inflammation and help the body secrete hormones, which are immune boosting, especially a hormone and neuro-transmitter called serotonin. Practices such as Kapalabhati and Anantashana pranayam boost serotonin levels.
- **Yoga As Stress-Reliever**
It is well known that the benefits of yoga are far beyond physical. Yoga has helped change lives of several people across

the world so, even as we try hard to maintain equilibrium during these unprecedented times of stress, job losses and the fear of uncertainty, yoga comes to rescue in way more than we know. People who lost their jobs and deal ones to this virus, those who have been laid off from their jobs, undergo a period of trauma and deep stress. Yoga will play a key role in managing and regulating emotions, calm down the nervous system and balance energies.

Consistency is key
Yoga is a combination of various aspects such asanas, pranayama, meditation, mudras, chanting, etc. As a yoga, there might be someone who is not very fit or may not have any prior exposure to yoga. They need to do some movement to help the body get good circulation of blood and get the lymphatic system going. A whole body warm up routine of 10-15 min is essential. This helps avoid any injury, but also get the circulation going. In just a few rounds of sun salutations will be good. Pranayama techniques such as Bhastrika, Bhujangasana, Anulom Vilom, Pranayama, Swastha Dhanam or breath meditation should be practiced every day.

World Yoga day
Yoga at home and yoga with family
G.D.C. Nihonagar
M.S.S. Vohra
Shikari Devi
B.A. Sem IV
Symposium On 6th Yoga Day on 20th June with the theme "Yoga at home and yoga with family" in Dogri language
आखंड न तंद्रस्त मन तंद्रस्त, शरीरं च वास करदा ए। एकं शरीरं स्वस्था ए। हाता ता इन्सान का मन, वी स्वस्था, हाता शरीर वी तंद्रस्त इन्खन आस्त बोल भोजन के मन - तन्द्रा, कसरत व्यायाम ते योगी वी लोड वी हाता ए।
योगी के फायदे, योगी पैलां अनुभवगी इन्ही ओड मर्षे वा पता इना लोडवा योगी शूकर हा, मन्खल सोहा लोडना ए। योगी शरीर ते मन वी परमसर ए। योगी शरीर योगी आत्मा वी परमात्मा कन्ने मलानदा ए।

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YOGA DAY
Importance of Yoga in relieving stress
Introduction
It is commonly a spiritual discipline based on an externally with stress, which focuses on balancing harmony between mind and body. It is not just a "series of healthy things". The word "Yoga" is derived from the Sanskrit root "yuj" meaning "to join or to unite" or "to connect".
Yoga helps further physical and mental disciplines that may help you reduce stress, anxiety, depression and overall. The can help you relax and manage stress and overall. Yoga has many styles, forms and techniques. Hatha yoga, or "pathway, way to a good state for stress management".
Relieving stress has several physical and psychological benefits, such as: lowering blood pressure, reducing stress hormones, increasing the number of sleep, etc.
Psychological health benefits: Reducing stress improves sleep and reduces cortisol levels, anxiety and depression. Stress is a common condition that can have serious effects on an individual's quality of life. Reducing stress, the body produces stress hormones like you feel tired and sleeplessness etc. So, Yoga is a essential part of your life.

Importance Of Yoga In Relieving Stress

The word **Yoga** is derived from the Sanskrit word "**Yuj**", meaning **to join or to unite**, as per yogic scriptures the practice of yoga leads to the union of individual consciousness with that of the universal consciousness, indicating a perfect harmony between the mind and body, man and nature.

Yoga – a mind body practice is considered one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety.

What is stress?

Stress is the way that we react

including adrenaline and cortisol, may damage blood vessels and elevate blood pressure.

However, research has shown that people who practice yoga regularly have low cortisol levels.

Studies have also found that practicing yoga for at least 3 months may lower cortisol and perceived stress and reduce pro-inflammatory cytokines that cause inflammation.

Yoga poses for stress relief:

- **Sukhasana:** Cross-legged sitting asana.
- **Balasana:** Kneel on the floor with toes together and knees hip width apart. Rest palms on top of thighs.
- **Uttanasana:** Standing forward bend.
- **Paschimottasana:** Seated forward bend.

Man is a physical, mental and spiritual being. Yoga helps promote a balanced development of all the three. Yogic exercise recharges the body with cosmic energy and it facilitates attainment of perfect equilibrium and harmony, remove negative blocks from the mind and toxins from the body, helps in attention, focus and concentration, reducing stress and tension in physical body by activating parasympathetic nervous system, thus promoting equilibrium of body and mind. The aspirants feel rejuvenated and energized. Thus, yoga bestows upon every aspirant the powers to control body and mind and it brings together physical and mental disciplines to achieve a peaceful body and mind.

To conclude, I would only write Yoga is an invaluable gift of India's tradition from ancient times, a holistic approach to health and well-being. Adopting yoga can change one's lifestyle by creating consciousness, as it can help in well-being and balanced body as well as the mind. Thankyou So much everyone!

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