

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.



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. Nama

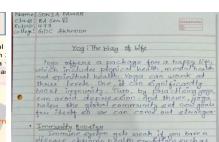
The sub-theme of the symposium will be:

- Importance of Yog in relieving stress
- Yog: The way of life
- Relevance of Yog during covid-19 pandem
- 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
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Prof. Pooja Devi (EBSB Nodal Officer)

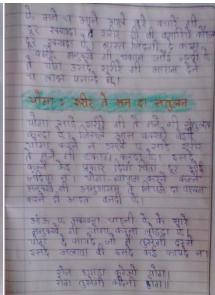


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Importance Of Yoga In Relieving Stress

The word **Yoga** is derived from the Sanskrit word "**Yuj**", meaning <u>to join</u> or to yoke 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.
- $\hfill \Box$ Uttanasana: Standing forward bend.
- ☐ Paschimottanasna: Seated forward bend.

Man is a physical mental and spiritual being yoga helps promote a balanced deedgoment of all the three. Yogic exercise sechanges the body with the twee. Yopic executes recharge the body with commic energy and it facilitate attalment of pocket expilibrium, and hormour, remour megaline blocks from the mind and takin from the body. helps in attention, focus and concentration, statucing obers and truition in physical body by admirably paraympathetic nervous system, thus promoting equilibrium of body and mind. The aspeants feel requirented and invegited. Thus yopa buttons upon away aspirant the powers to instruct body and mind and it buings together physical and metal disciplines to achieve a peaceful body, and mind.

To conclude; I would only write yege is an incaluable gift of India's bradition from ancient times, a helicite approach to health and well-being. Telephing Jega can change one's lifetyle by cualing consiteriums, as it can help to well-being land tralances body as well as the mind: Thankyou So much everyone!

By:- Neha Sharma Sim-VI GDC, Athnoor