

DATE :- 21JUNE 2021
TIME :- 10:00 AM - 11:00 AM
PLATFORM :- ZOOM

YOGA FOR WELL-BEING (SESSION)

1st Session - Miss Arpita Gupta , Yoga Expert, Cultfit

Yoga is a trend that has been flourishing from the years; rather this has become a trendsetter in maintaining both physical and mental well-being. Each Yogic activity is a key to improving flexibility, strength, balance and attaining harmony. This year COVID-19 has affected us colossally. Beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problems, including depression and anxiety, as pandemic-related restrictions continue in various forms in many countries. This has highlighted the urgent need to address the mental health dimension of the pandemic, in addition to the physical health aspects. The message of Yoga in promoting both the physical and mental well-being of humanity has never been more relevant. Yoga plays a significant role in the psycho-social care and rehabilitation of individuals in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety.

Recognizing this important role of Yoga, this year's commemoration of the International Day of Yoga the Department of Physical Education conducted a 1-hour session for all staff and students on "Restorative Yoga for well-being" on 21-06-2021. This session was conducted by Miss. Arpita Gupta, the yoga expert, cultfit. The session started with 10 minutes of warm-up. Followed by yoga practices which helps in lower blood pressure, improves blood circulation, strengthens muscles and it helps with insomnia, particularly through relaxation. Afterwards, kriya took place which helped by stopping bodily decay. Pranayam for focusing on breath was also performed. For withdrawing the mind from the automatic responses to sense-impressions, and leading to a "state of perfect equanimity and awareness", Dhyana was executed. The session closed with a question and answer round. There were more than 100 participants in the session. This was an interactive session which ended on a positive note.

SPEAKER:-Arpita Gupta

Co-CONVENOR :- Dr. GURSHARAN KAUR

CONVENOR :- Ms. CHARANJEET KAUR

PRINCIPAL :- Prof. HAPREET KAUR

Event Photographs





