



RUKMINI DEVI
Institute of Advanced Studies

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DOSSIER

On

“Yoga Session”

On

27th November, 2018 - 27th December, 2018



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FORM A

Proposal:

- **Name of the event to be organized:** Yoga Session
- **Date:** 27th November, 2018 - 27th December, 2018
- **Time:** 09:30am – 10:30am
- **Venue:** Ground Floor Hall, RDIAS
- **Motivation for the activity:** During Non-teaching days the Yoga sessions were organized for all the students, faculty and staff members. The major aim behind conducting these sessions were the personal and spiritual development of all the students, faculty and staff members of the college.
- **Organized by:** Hobby Club, RDIAS

FORM B

Part 1

Aim of the event:

As it is said that “A healthy mind stays in a healthy body”, Yoga is the journey of the self, through the self and to the self. So, in order to relieve all the students and staff members from stress and have a healthy and fresh start of the day Yoga Sessions were organized on every Saturday (except second) of the month.

It is a time-tested practice that cultivates boundless levels of energetic and physical fitness. Employees deserve the opportunity to reduce stress and tension and become more physically fit in a busy world they live in today. How we respond to stress can have a significant impact on our total health. Yoga can remove stress from the body and mind.

Part 2

Abstract:

- Yoga sessions were conducted by trained yoga instructor Mr. Mukesh Kumar in which all the students and staff members of RDIAS actively and whole heartedly participated. The sessions were conducted every day (27th November, 2018 - 27th December, 2018) from 09:30am – 10:30am in Ground Floor Hall, RDIAS. One hour regular session was conducted where participants practiced as per the instructions received from the yoga instructor. Basically yoga is all about stretching our body in different forms and meditation. Yoga Poses like Surya namaskar (Sun Salutation), Dhanurasana (Bow pose), Bhujangasana (Cobra pose), Kapalabhati pranayama yoga and so many other effective yoga asanas helps in reducing our weight as well as our belly fat

Few of the asana learned during the sessions are:-

- Bhujangasana: This asana improves menstrual irregularities, elevates mood firms and tones the buttocks.

- Matsyasana: It relieves respiratory problems as it encourages the right kind of breathing.
- Tadasana: This posture strengthens thighs, knees, and ankles.
- Pavanamuktasana: It strengthens the abdominal muscles and massages the intestines and internal organs of the digestive system, therefore releasing trapped gases and improving digestion.
- Uttanpadasana: It improves the functioning of the digestive organs. It improves digestion and removes constipation.
- Padmasana: Padmasana stretches the ankles and knees and also calms the brain. It keeps the spine straight and helps develop a good posture.
- Surya Namaskar: Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses.

The event was conducted in a well-organized way and the participants felt relaxed and energetic after the session.

Part 3

Conclusion

Conducting Yoga sessions proved to keep the students and staff members of RDIAS physically and mentally healthy and have a fresh start to their day. It helped in their personal and spiritual development. It strengthens the immune system and does internal cleansing of blood, body parts, body systems, organs, veins & arteries. Because of the initiative taken by Hobby Club, students as well as faculty members were able to practice yoga at the workplace.

Highlights of the Event:



“Bhujangasana (Cobra Pose)”- makes the spine flexible



Practicing Paschimottasana (Forward Bend Pose)...



Focusing our attention on our breath, will in turn improve our concentration.



Leaning Meditation for Relaxation ...



This posture strengthens thighs, knees, and ankles.