



RUKMINI DEVI

Institute of Advanced Studies

Approved by AICTE, HRD Ministry, Affiliated to G.G.S. I.P. University, Delhi

- NAAC Accredited, 'A+' Grade (2nd Cycle)
- Category 'A+' Institution by SFRC, Govt of NCT of Delhi.
- Highest Category 'A' by Joint Assessment Committee of GGSIPU & DHE, Govt. of NCT of Delhi.
- Member of AMDISA, AIMA, CII, DELNET, DMA, CEGR, ICT Academy, NDL, NHRDN, ASSOCHAM
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An ISO 9001 : 2015 Certified Institute

Weekly Yoga Session for Staff members.

TITLE	Submission of Web Report for Weekly Yoga Session for Staff members.
Resource Person/ Facolitator	Student and Faculty Hobby Club
Date	06/12/2018
Summary	<ul style="list-style-type: none"> • “Yoga means addition – addition of energy, strength and beauty to body, mind and soul.” <p>In order to relieve all the students and staff members from their monotonous schedule and have a healthy and fresh start of the day Yoga Sessions were organized on every Saturday (except second) of the month.</p> <p>It is a time-tested practice that cultivates boundless levels of energetic and physical fitness. Employees deserve a break from their busy schedule and relax themselves and give time to meditate and to introspect.</p> <p>Pranayamas are breathing exercises developed by the ancient yogis for purification. Prana translates into “life force energy” and Yama translates into “control or mastery of.” Thus, Pranyama is used to control, cultivate, and modify the Prana in the body. Prana is taken in through the air we breathe, and since the pranayama exercises increase the amount of air we take in, they also increase our intake of Prana.</p> <p>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.</p>