



RUKMINI DEVI

Institute of Advanced Studies

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DOSSIER

On

Weekly Yoga Session for Staff members.

Hobby Club, RDIAS

On

December 4 , 2018



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Ms. Kiran Ganglani

Asst. Professor , RDIAS

Prof.(Dr.)Raman Garg

Director, RDIAS

FORM A

Proposal :

- **Name Of the event to be organized :** Weekly Yoga Session for Staff members.
- **Date :** December 4 , 2018
- **Time :** 08:00am – 09:00am
- **Venue :** Ground Floor Hall, RDIAS
- **Organized By:** Hobby Club, RDIAS
- **Motivation for the activity :** Yoga sessions were organized for all the students, faculty and staff members with the aim of their personal and spiritual development as a healthy mind stays in a healthy body

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 overall health. Yoga can remove stress from the body and mind both.

Part 2

Abstract :

"Pranayama is control of Breath". "Prana" is Breath or vital energy in the body. On subtle levels prana represents the pranic energy responsible for life or life force, and "ayama" means control. So Pranayama is "Control of Breath". Yoga means uniting the body and the mind with the soul and the soul with supreme self. The reason yoga has played an important role in physical and mental therapy is due to the fact that the practice works on holistic principles or unification and harmony of the mind, body and spirit. The Yoga sessions were conducted by trained yoga instructor Mr. Mukesh Kumar in which all the students and staff members of RDIAS actively participated. The sessions were conducted on every Saturday of each month from August till November 2018 from 8:00 am to 9:00 am. One hour long session was conducted where participants practiced as per the instructions received from the yoga instructor. The benefits of yoga at workplace are:-

- Ø It helps in reducing stress levels.
- Ø Productivity of the employees increase.
- Ø Yoga creates a state of control over the mind and the mind is left with better clarity.
- Ø It helps in improved decision-making skills.
- Ø Relief of head, neck and back strain, insomnia, high blood pressure and work-related injuries from repetitive motion.
- Ø General well-being at the workplace.

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.

SnapShot



"Shavasana"- a fully conscious pose aimed at being awake



Pranayama is the formal practice of controlling the breath, which is the source of our vital life force



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



Yoga trainer teaching relaxing shoulder exercise