



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University | Electronics City, Bengaluru - 100

Accredited with NAAC "A" Grade || Recognised under 2(f) & 12(b) of the UGC Act
A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Report on "International Yoga Day": 2019-2020

Name of the Activity: Yoga

Date: 21st August 2019

Venue: Open Auditorium

Conducted by: Anand Mehrotra

Attended by: Commerce Students

Organized by: Department of Commerce

Yoga is a group of physical, mental and spiritual practices. The beginnings of Yoga were developed by the Indus-Sarasvati civilization in Northern India over 5000 years ago. The word yoga first mentioned in the oldest sacred texts, the Rig Veda. For a completely healthy body function both yoga and meditation are great importance, practicing yoga can improve physical as well as mental health of an individual whereas meditation provides peace of mind and control over body. Through the practice of yoga, you can become more aware of your emotional, mental and physical health.

International Yoga Day was celebrated in St. Francis de Sales College. The programme was organized by the Department of Commerce, on 21st August 2019. The programme was started with prayer. The programme was inaugurated by our Principal Rev. Dr. Roy P.K. Under the guidance, the students and staff performed various Yoga Aasanas, Pranayaam and Dhyaan. A detailed explanation was also provided about correct postures of the Aasanas and their positive effects on our body and mind. The Aasanas and Dhyaan was practiced for about one and half hour.

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The objectives of practicing yoga according to the instructor were:

- To enable the students to have good health
- To practice mental hygiene
- To possess emotional stability
- To integrate moral values
- To attain higher level of consciousness

Methodology

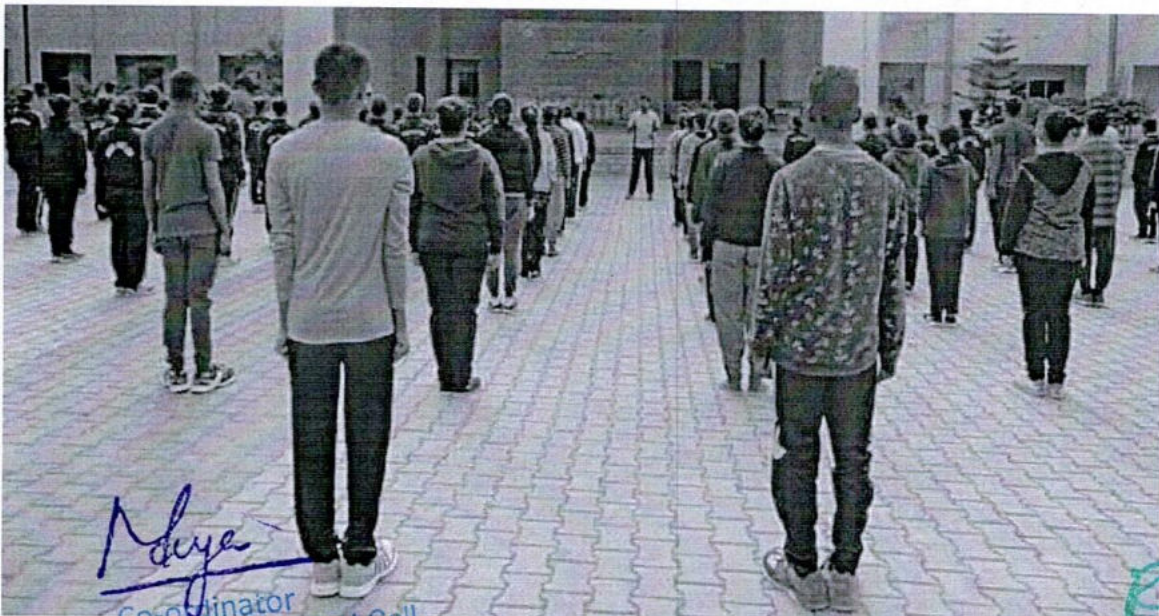
The session started with the chanting of Gayathri mantra and the instructor took the participants slowly into the mood of yoga and the eternal silence. The participants followed the instructions carefully. Slowly he took them to the experience of meditation and self - awareness.

The outcome of practicing yoga

- Proper breathing habits
- Improves the sense of well-being and self confidence
- Improves concentration
- Helps in mental equilibrium and self-control
- Reduces stress
- Helps to relax and release tension
- Increases inner and outer awareness

The general feedback after the session was that they like to have more such sessions at least once in a month.

The Principal Rev. Dr. Roy P.K. addressed the students and emphasized the need of Yoga for a healthy body and calm mind. He thanked the instructor for sparing his time for the students. The student representative proposed the vote of thanks and the session was concluded.



Maya

Co-ordinator

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Yoga practices in open Auditorium(SFS COLLEGE)

Rayle

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