

International Yoga Day Observed at Hamidia Girls' Degree College

A Report



The faculty, non-teaching staff and students of Hamidia Girls' Degree College observed International Yoga Day on 21st June, 2018 . The N.S.S. wing and Centre for Women's Studies of the College organized Yoga Training Programme. Two trainers from Shri Shri Ravi Shankar's The Art of Living organization, Mrs. Pallavi Dayal and Ms. Apurva Tripathi held a four hour training session from 7:00 a.m. onwards. The faculty and students were trained in warm up, Surya Namaskar, Dhyana, Happiness Intro-talk, Art Excel and Yes Intro-talk. They were trained to control breath through Nadi Shodhan Pranayam and Sudarshan Kriya. They were also trained in Ustrasan. Students participated in poster making and slogan writing competitions. Mrs. Pallavi Dayal informed that 21st June is selected as international yoga day because it is the summer solstice. Earlier the guests were welcomed by the Principal, Dr. Yusufa Nafees. She said the day is a memorable day as India is the leader in yoga. Mrs. Neerja Verma, Liason Officer, N.S.S. introduced the guests. The event was a teamwork in which Mrs. Neerja Verma, Liason Officer, N.S.S., Dr. Sabiha Azmi, Director, CWS, Dr. Erum F. Usmani, Assistant Director, CWS played a proactive role and facilitated in the smooth organization of the event.

The event was held as per the following programme –

Sr. No.	Programme	Time	Venue
1.	Yoga and Mass (Samoochik Yoga) by students of B.A., M.A. & B. Voc.	7:00 to 8:00 am	Begum Kursheed Khawaja Hall
2.	Principal's Address	8:00 to 8:30 am	--
3.	Lecture on Relevance of Yoga Practices for health and wellness	8:30 to 9:30 am	--
4.	Quiz on International Yoga Practices	9:30 to 10:00 am	--
5.	Slogan writing competition based on yoga	10:00 to 11:00 am	--

Prior to International Yoga Day following programs were held as per the directives from UGC, MHRD –

9th May 2018 11:00 am Quiz Competition & Poster Making Competition on **Importance of yoga in the Strife Torn Modern Society.**

10th May 2018 11:00 am Lecture on **Wellness Through Yoga** and practice sessions.

