

Activities for Dissemination and Popularisation of IV International Yoga Day 2018

Yoga is an ancient physical and spiritual discipline which originated in our own country more than 5,000 years ago. The word “Yoga” comes from the Sanskrit word *yuj*, which means to yoke, join, or unite. It is an activity that increases our flexibility, strengthens our muscles gives focus to our thoughts, and the same time relaxes and calms us. Yoga uses asanas (postures), focused concentration on specific body parts, and pranayama (breathing techniques) to integrate the body with mind with soul

Stella Maris College realised the beneficial effects of spreading Yoga among the students and introduced Yoga as an integral part of its curriculum decades ago. , It is compulsory for the students of Stella Maris to complete two credits in Sports or Extra-Curricular activities like Yoga. In the last 20 years, thousands of our students have been trained in Yoga. For instance, we have more than 400 students opting for Yoga for Sports credit. We are proud to mention here that we have three qualified coaches exclusively for teaching Yoga to the students. Every Saturday from 7:30 a.m. to 9:30 a.m., we conduct Yoga classes for the first-year students for Shift -I and II. All the departments of our College are involved in this process. It is also the most popular extracurricular activity in the College.

We, at Stella Maris College believe that Yoga as a regular practice can build a healthy youth, healthy family as well as a healthy nation. Feed back from thousands of our past students stand testimony to the success of this ideology.

Various activities for dissemination and popularisation of IDY – 2018 were conducted through a three-day workshop from 19-21 June, 2018. On the reopening day 21 June, 2018 a lecture demonstration by a Yoga instructor Ms. Nithya Kalyani, was held for the I year students (numbering around 1490). The lecture described the benefits of yoga, and the many ways in which it would lead to good health and well-being. She gave a brief historical review of its growth and development, and detailed the various *Asanas*, meditation techniques, pranayama, and Surya Namaskar. She emphasised the holistic way in which Yoga as a science is approached.

This was followed by a demonstration of the various postures and *Asanas* and meditation techniques. All these and the Pranayama and Surya Namaskar were performed by the students along with the instructor.

Students of the second and third year undergraduate programmes (numbering around 200) participated.



MEDITATION



WRIST ROTATION IN VAJRASAN



SISTER PRINCIPAL 'S INTERACTION WITH STUDENTS



TADASANA



VRIKSHASANA



PRANAYAMA – NADISHUDDI



BHUJANGASANA



SURYA NAMASKAR



