

## SAP Club Observes 8<sup>th</sup> International Yoga Day in the college

Swachhta Action Plan (SAP) Club and Heritage Club, GCW Udhampur in collaboration with Department of Music observed International Yoga Day on 21 June 2022 in the college premises under the aegis of Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Human Resource Development, Govt. of India.

On the very onset of the event worthy Principal of the college Prof. Dr. Monika Sharma marked the beginning by lightening of ceremonial lamp, who was also the chief guest on this occasion. In her address worthy Principal appealed all the participants to make yoga an inseparable practice of their life for better living, beside she also lauded praise on the SAP, Heritage Club and Department of Music for organizing such events for the larger benefits of the student community. The formal program began with the welcome address by convener SAP club Dr. Kewal Kumar, where he appealed all the participants to follow the practice of Yoga in the daily life to grow physically fit, mentally strong and spiritually uplifted in every sphere of life. Besides he said Yoga can help one to fight the menace of any kind of ailments and physical disorders.

Around 80 volunteers, students of the college, Faculty Members and Members of SAP, Heritage Club and Department of Music participated in this event and performed following activities

1. **Warm up exercises:** Before performing yoga asans, students have done warm up exercises to make their body ready for various yoga asans. The importance of warm up exercises was discussed with the students. Students/SAP Volunteers were taught that the goal of a warm-up is to increase the body temperature, therefore warming up your muscles. Blood flow and flexibility will increase during a warm-up. The warm-up may cause mild sweating, increase in heart rate and breathing. A warm-up also promotes blood flow to your muscles to provide them with more oxygen and nutrients so they don't get fatigued.
2. **Yoga Asanas/ poses:** After warm up exercises, different Yoga asanas were performed. Before starting Yoga asanas, the importance of yoga was discussed briefly by Dr. Kewal Kumar, Convenor SAP Club. He informed that Yoga helps control an individual's mind, body and soul. It helps manage stress and anxiety and keeps us relaxed. Yoga also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practising asanas might seem like just stretching, but it can do much more for our body from the way we feel, look and move. Later student performed various Yoga asanas under the guidance of Dr. Dinesh Kumar, Physical Director of the college.

The various Yoga asans performed by students/SAP/NSS volunteers include;

- a) Sukhasana or easy pose
- b) Adho mukha Svanasana or Downward dog stretch
- c) Vakrasana or Twisted pose
- d) Dhanur asana or Bow pose
- e) Bhujangasana or Cobra stretch
- f) Savasana or corpse pose
- g) Tadasana or Mountain pose
- h) Uttanasana or Standing forward fold pose
- i) Paschimottanasana or Forward bend pose
- j) Pavanamuktasana or wind removing pose
- k) Setu bandhasana or bridge pose
- l) Vajrasana or diamond pose
- m) Balasana or child pose
- n) Vrikshasana or tree pose etc.



Besides, various asanas, Pranayam yoga were also performed that included Anuloma - Viloma (Alternate Nostril Breathing, Bhramari Pranayama - Bee Breath and Kapalbhata *pranayama*.

3. **Human Chain Formation:** In the end SAP volunteers formed the Human chain to spread the message of Universal brotherhood, as the theme of this year's International Yoga Day was 'Yoga for Humanity'.

The program ended with a formal vote of thanks by Prof. Yash Kumar (AP Music). The entire proceedings of the event were managed and convened by Prof. Yash Paul (HOD History) Convenor Heritage club under the able guidance of worthy Principal. The other members who remained present on this occasion were Prof. Kewal Kumar, Dr. Mool Raj, Prof. Sanjay Kumar and Prof. Sanjeev Upadhyaya.

