

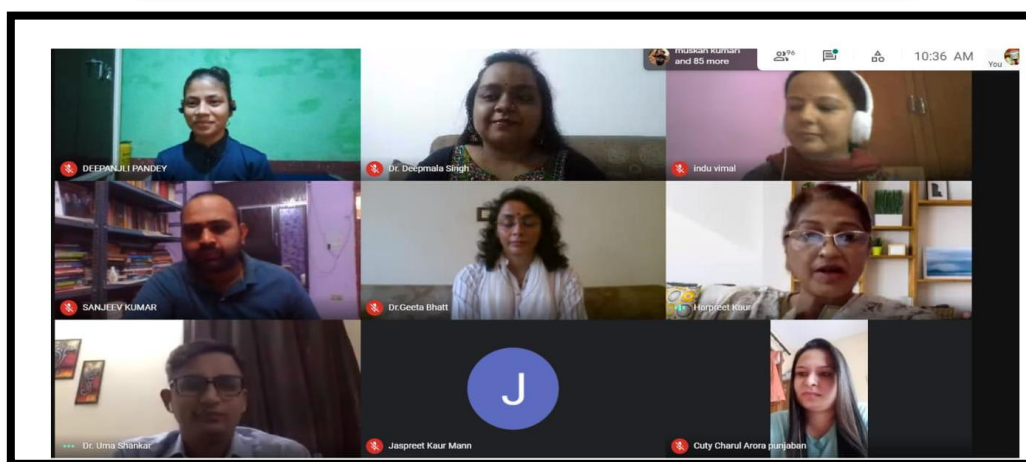
## NCWEB CENTRE

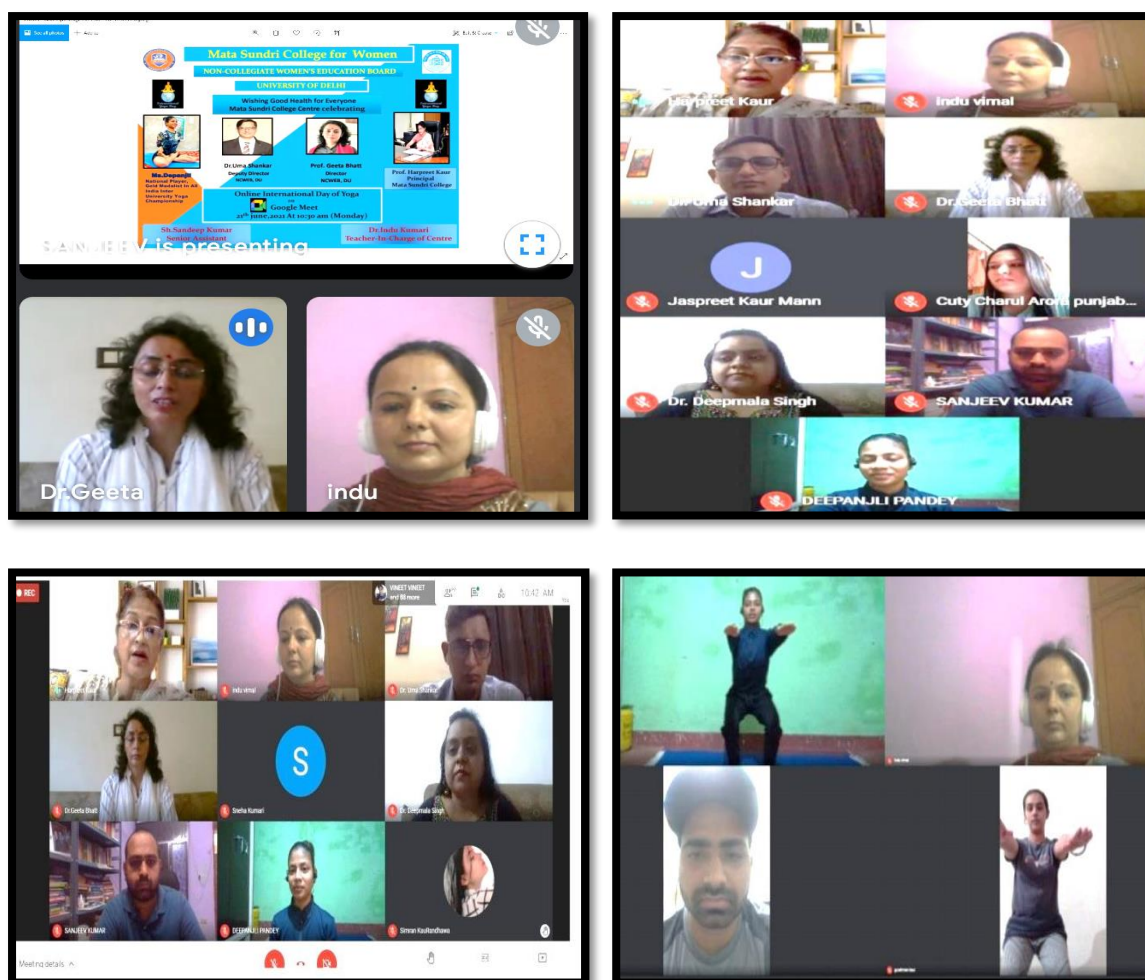
### Mata Sundri College for women

#### Celebration Online International Day of Yoga

#### Report on International Yoga Day Celebration

Mata Sundri College for Women with Non Collegiate Women's Education Board celebrated International Yoga Day on 21<sup>st</sup> June 2021 by organising an online Google meet. The meet received an overwhelming participation from teachers and students of the centre. The event was graced by the presence of honourable director of NCWEB, **Prof Geeta Bhatt**, **Dr. Uma Shankar** (Deputy Director, NCWEB), **Prof Harpreet Kaur** (Principal, Mata Sundri College), and **Dr Indu Kumari** (Teacher-In-Charge of Mata Sundri College Centre). Yoga day celebration was also ornated by the presence of Yoga expert **Ms Deepanjli** (National Player, Gold Medalist in All India Inter University Yoga Championship).





The event started with a formal welcome of the guests by Dr Indu Kumari. Dr Indu also narrated the importance of Yoga which helps in a person's physical and mental well being. She then requested Prof Harpreet Kaur to address the guests and audience. Prof Harpreet Kaur introduced the esteemed guests, Prof Geeta Bhatt and Dr. Uma Shankar and their contribution in the education field. She also spoke about the importance of Yoga which helps in purification of body, mind, energy and soul. Then, Dr Indu requested Dr Uma Shankar to enlighten the audience on the importance of Yoga for youth. Dr Uma Shankar explained the contribution of Yoga in the daily life of a student. Then, Prof Geeta Bhatt thanked the team of Mata Sundri College for organising such an event. She said that Yoga is the medium through which one can beautify his/her inner as well as outer well being. Yoga is the reason as well as the key to one's happiness. Physical health is the medium through which spiritual health can be cultivated. She also explained how COVID pandemic has furthered the need to maintain physical health through Yoga. She highlighted the need of Yoga for the future of our society. Then, Dr Indu invited Yoga expert Ms Deepanjli to present her views on Yoga and also to demonstrate some 'asana' for the benefit of the audience.

Deepanjli stressed on the need of constant 'abhyasa' and discipline for harnessing the benefits of Yoga. She explained how Maharishi Patanjali gave the doctrines of Yoga in his Yoga Sutra and made Yoga a timeless jewel. Yoga is about extracting mental peace through investment in physical health. She explained that Yoga is not a mere physical exercise but a way through which human consciousness and thoughts can be purified. She also spoke on how one can achieve the art of

concentration through practising 'Dhyan' or 'mediation' which should be an essential component of a student's life. She then requested everyone to join her for a practical Yoga session.

The event ended with Dr. Indu Kumari thanking all the honourable guests and students for participating and making the event a success.

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