

## YOGA SESSION REPORT

The Department of Physical Education and Sports Science of Mata Sundri College for Women, Delhi University, in collaboration with the NSS team and NCWEB under the esteemed guidance of Principal Professor Harpreet Kaur , organized a highly successful celebration of International Yoga Day on June 21, 2024. The event aimed to promote the practice of yoga as a way to enhance physical, mental, and spiritual well-being. It was met with enthusiastic participation and a great response from students, teaching and non - teaching , faculty members.

The event was graced by the presence of Chitra Chand, a certified yoga teacher and senior researcher from the University of Patanjali. She led an enlightening session that began with a brief yet insightful introduction to the History of Yoga. Chitra Chand explained the origins and evolution of yoga, its spiritual essence, and its transformative power in modern life.

Following the talk, the focus shifted to the practical aspect of yoga, where Chitra Chand guided participants through a series of yoga postures (asanas). Both students and teachers took part in the yoga session.

Dr. Ranjit Kaur expressed her heartfelt gratitude to Principal Professor Harpreet Kaur, Chitra Chand, and all participants for their contribution to the event's success. She highlighted the importance of incorporating yoga into daily routines for a balanced lifestyle.

The celebration of International Yoga Day at Mata Sundri College for Women was not just an event, but an experience that left a lasting impact on all participants. The unity, energy, and positive spirit throughout the program reflected the true essence of yoga—bringing harmony to the mind, body, and soul. The event created a serene and energized atmosphere, fostering a sense of unity among the attendees. The collective practice of yoga not only brought joy but also reinforced the importance of mindfulness in daily life.

The feedback from students and faculty was overwhelmingly positive, with many participants expressing how beneficial the session was in enhancing their understanding of yoga. Several attendees shared their newfound commitment to continuing yoga practice, recognizing its importance for their overall well-being. The collaboration between the Department of Physical Education and Sports Science and the NSS team and NCWEB further enriched the event, combining health and education to promote holistic well-being.