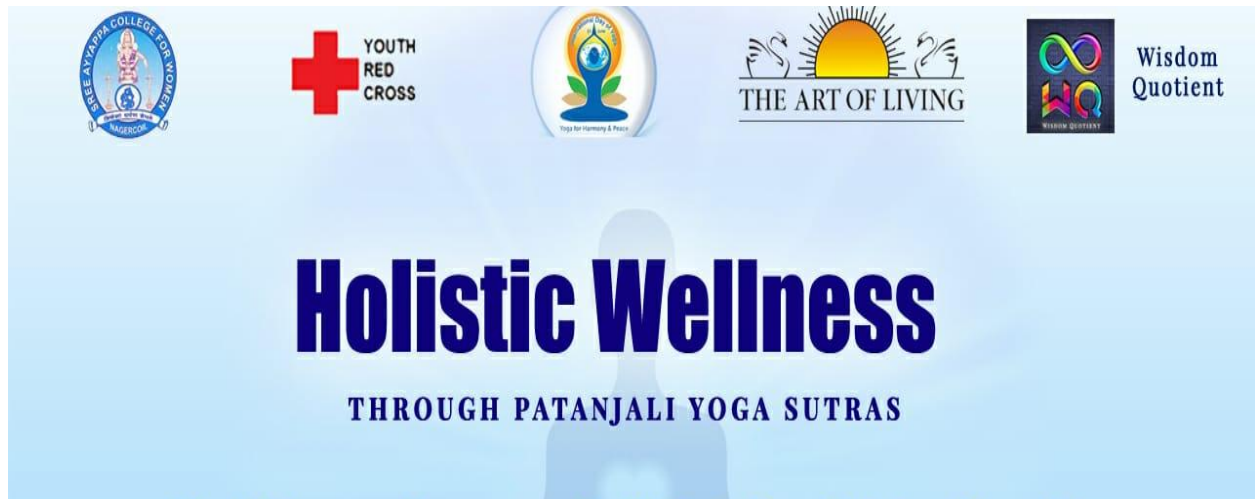


Report

International Yoga Day 2020

June 21, 2020



Organized by

Internal Quality Assurance Cell and Youth Red Cross

Sree Ayyappa College for Women

In association with

Art of Living Foundation and

Wisdom Quotient YT Channel

Snapshot of the programme

Resource Person	Shri. N. R. Rakesh Babu
Organizing Committee	<p>Patrons : Dr. K.V. Jayashree, Principal, Sree Ayyappa College for Women Dr. A. Veliappan, YRC Zonal Coordinator, M.S. University</p> <p>President : Dr. K. Meena, Co-ordinator, IQAC, Sree Ayyappa College for Women</p> <p>Vice-President: Dr. B. Christhu Das Williams, YRC District Organizer</p> <p>Convenors : Dr. Savitha A.R, YRC Programme Officer Sree Ayyappa College for Women.</p> <p>Dr. S. Sreelatha, YRC Programme Officer Sree Ayyappa College for Women</p>
Dates	June 21, 2020
Moderator	Dr. Savitha A.R, YRC Programme Officer Sree Ayyappa College for Women
Registered Participants	171 (Annexure 1)
No of Students Benefited	114
YouTube link to the Programme	https://youtu.be/nXkb8e93No0



The Internal Quality Assurance Cell And
Youth Red Cross of
Sree Ayyappa College For Women
Chunkankadai, Nagercoil

In Association with
The Art Of Living Foundation
& **Wisdom Quotient YT Channel**

Proudly Presents

Holistic Wellness

THROUGH PATANJALI YOGA SUTRAS

We Invite Everyone To Celebrate The
International Day Of Yoga

on June 21, 2020

Time: 2:00 p.m. to 3:00 p.m. | Platform : Zoom & Youtube

Healthy Wishes From

Dr.K.V.Jayashree
Principal - SAC For Women

Dr.K.Meena
IQAC Co-Ordinator SACFW

Dr.B.Christhudas Williams
YRC District Organizer

Dr.Savitha A.R
YRC Programme Officer

Dr.Sreelatha.S
YRC Programme Officer

Holistic Wellness Through Patanjali YogaSutras

The Youth Red Cross and Internal Quality Assurance Cell of Sree Ayyappa College for Women organized the Sixth International Day of Yoga Celebration virtually through Zoom and Youtube livestreaming on **June 21 2020**. The Webinar organized on the theme “Holistic Wellness Through Patanjali Yoga Sutras” was open to the student volunteers and the academic fraternity all over the country.

Dr. A.R. Savitha Assistant professor, Department of English and YRC Programme Officer, Sree Ayyappa college for Women welcomed the gathering. Dr. A. Veliappan, Youth Red Cross coordinator, Manonmaniam Sundaranar University felicitated the gathering . In his address to the students he said that yoga is a very good practice for physical, mental, emotional and social well being of every individual. He also talked about the importance of yoga in developing one's peace of mind .

This was followed by the keynote address of the resource person Shri. Rakesh Babu on the topic of the day. He began the session by explaining the concept of Holistic Wellness and its significance in developing the quality of modern life. The motto of the session was centered on leading the life with utmost satisfaction. He listed down the benefits of practicing Patanjali Yoga Sutra and deliberated in detail the ten chapters of Patanjali Yoga Sutra - Discipline of Yoga, Honoring the Practice, Samadhi, Who is God, Overcoming Obstacles, Steadiness in Samadhi, Kriya Yoga, The Veils of Misery, Eliminating the Cause of Pain and The Eight Limbs of Yoga.

The resource person made the session lively through the practical demonstration of yoga asanas like Bhramari Pranayama, Nadhi shodhana and body exercises. The session ended with the Vote of thanks and Shanthi Mantra by Dr. A.R.Savitha.





Chapter 3 - Samadhi

Samadhi

- Sama – Equanimity
- Dhi – Intellect
- This intelligence comes with relaxing & Reposing in the SELF

ONE MAJOR FACTOR

VAIRAGHYA

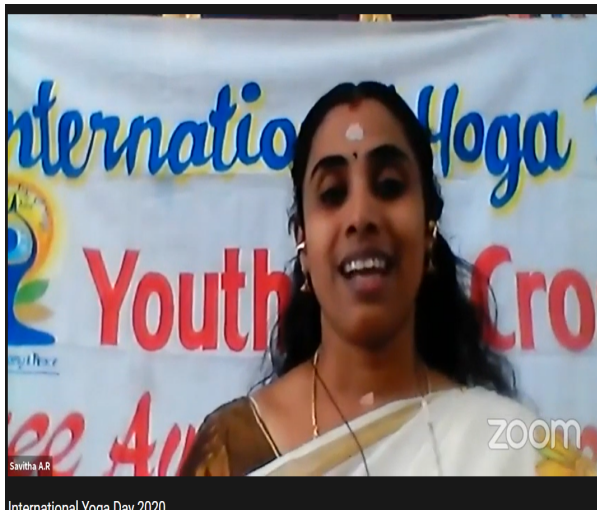
(Dispassion)

Without this, One cannot attain Samadhi

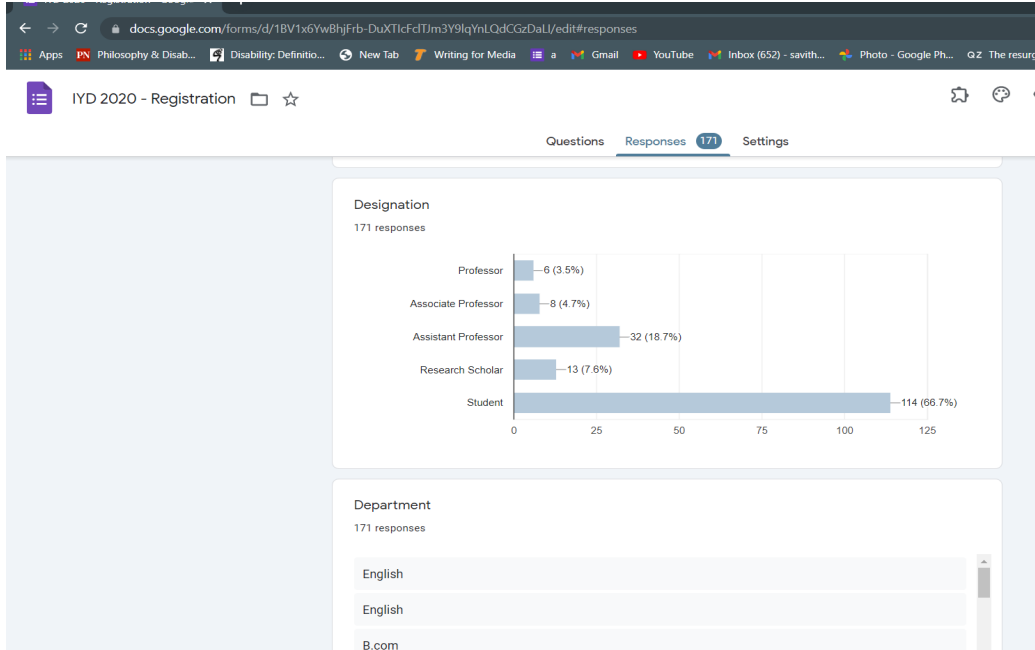
A background image of a person in a yoga pose, with one hand raised in a mudra, set against a scenic landscape with a lake and trees.

Eight Limbs Of Yoga

- **Dhyana** (meditation): When there is an uninterrupted flow of the mind toward the object of focus, the yogi enters the state of meditation.
- **Samadhi** (total absorption): Finally when even the self-awareness of the mind disappears and only the object of meditation shines through, it is called the state of samadhi. It is only in the highest stage of "Samadhi", called the "nirbeej Samadhi" (seedless Samadhi) when the mind is fully under control and brings the yogi to a state of perpetual peace and tranquility.

A background image of a person in a yoga pose, with one hand raised in a mudra, set against a scenic landscape with a lake and trees.

Registration Details



The banner features the following logos and text:

- Logo of B.S.E.A.P.A.P.A. COLLEGE FOR WOMEN
- Logo of YOUTH RED CROSS
- Logo of a globe with a person, with the text 'Logo for Learning & Peace'
- Logo of THE ART OF LIVING
- Logo of Wisdom Quotient

Holistic Wellness

THROUGH PATANJALI YOGA SUTRAS

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