



Integrating body, mind, and soul by yoga

A two-week workshop from 5th June 2021 to 21st June 2021

The 17 days workshop for integrating body, mind, and soul in collaboration with CHD, IQAC and NSS was a great success. 100+ participants took part in this workshop. The workshop was all about how yoga can help in improving the body, mind, and soul at the same time. The workshop included a 5 days lecture session which was given by Swami Shyama Chaitanayaji and a 12 days yoga session given by Dr. Sunita Pooniya mam. Our yoga coordinators Mr. Lalit and Ms. Khusboo guided all the participants throughout the yoga sessions. All the faculty members including Dr. Ruchika Ramakrishnan mam, Dr. Gayatri Chaturvedi mam, Dr. Mast Ram sir, Dr. Kavita Arora, Dr. Vivekanand Nartam sir, Dr. Prabhat Sharma, Sh. V.S. Jaggi(Sports Committee Convenor), Dr Jasvir Singh(NSS Programme officer), Dr Seema Dabas(CHD Convenor) and Dr Kusha Tiwari(IQAC Coordinator) helped a lot in making this workshop a success.

On the first day(5th June) of our workshop was welcome and a lecture session wherein all the participants were welcomed and then the lecture by Swami Ji was given.

On the second day(6th June) Dr. Sunita mam explained various yoga asanas that can help in boosting and improving our health. The asanas included Tadasana, Tirthak Tadasana, Trikonasana and pranayamas included Anulom Vilom and Kapalbhati.

The third day(7th June) of our workshop was based on post recovery from Covid 19. Dr. Sunita mam discussed various asanas that can help in recovering from Covid 19 which basically included Tadasana, Pashchimotanasana, Vajra asana, and Vipritakarni asana are those asanas which helps in strengthening our lungs which is a main symptom of post recovery from Covid.

The fourth day(8th June) was a lecture session by Swami ji

The fifth day(9th June) was the yoga session by Dr. Sunita mam which was based on curing and preventing diabetes. Mam discussed and explained some asanas that can help in curing diabetes and also in preventing it. Those asanas were Janu Sirhasana, Vakrasana, Ardha Halasana and Mandukasana.

The sixth(10th June) day was a lecture session given by Swami ji on Karma yoga. He explained how karma yog helps in getting success in life. While doing Karma you just have to concentrate on what you are doing and not the result. Knowledge is what you get while doing Karma, you cannot gain knowledge without doing karma said by Swami

ji. He also gave advice to all the students that they don't have to imitate others, they just have to be mindful and attentive while doing their karma.

The seventh day(11th June) of our workshop was a yoga session by Dr. Sunita mam which was based on curing thyroid. She explained various yoga asanas that can help in curing thyroid which included Dhanurasana, Bhujangasana, Setubandh asana, Matsya asana and Ujayiasana. These are the various asanas that can help in curing thyroid.

The eighth day(12th June) of our workshop was a yoga session by Dr. Sunita mam which was based on strengthening back and curing back pain. The various asanas that were discussed were Bhujangasana, Makrasana and Setubandhasana.

The ninth day(13th June) of our workshop was a lecture session given by Swami ji which was based on Bhakti Yog. Swami Ji explained about the relationship that humans and God have. He also explained what a devotee is and its relationship with God. A devotee's love for God is unconditional.

The tenth day(14th June) of our workshop was a yoga session by Dr. Sunita mam which was based on curing Cervical Spondylosis. The asanas that can help in strengthening the cervical region are Vajrasna, Gomukhasana, Makarasana and Sarpasana.

The eleventh day(15th June) of our workshop was a yoga session by Dr. Sunita mam which was based on curing arthritis. The asanas that can help in strengthening joints are Tadasana, Pawanmukt asana and some knee exercises.

The twelfth day(16th June) of our workshop was a yoga session by Dr. Sunita mam which was based on migraine. The asanas that can help in improving migraine are Janu Sirhasana, Shashankasana, Padhastasana and Viprit Padhastasana.

The thirteenth day(17th June) of our workshop was a yoga session by Dr. Sunita mam which was based on reducing fat and weight loss. The various asanas that were discussed are Kati Chakrasana, Chakki Chalanasna and Surya Namaskar.

The fourteenth day(18th June) of our workshop was a yoga session by Dr. Sunita mam which was based on improving mental health. The asanas that can help in mental peace are Tadasana, Vrikshasana, Trikonasana, Bhadrasana and Paschimotanasana.

The Fifteenth day(19th June) of our workshop was a yoga session by Dr. Sunita mam which was also based on improving mental health. The asanas that were performed on the 18th were repeated again.

The sixteenth day(20th June) of our workshop was a lecture session by Swami Ji where he explained more about Bhakti Yog and Karma Yog. He also explained about different Vedas.

Total of 104 participants received certificates for their regular participation.

SLC (University of Delhi)
Shyam Lal College

CENTRE FOR HOLISTIC DEVELOPMENT (CHD)
in collaboration with IQAC
present

A Two-Week Workshop on
Integrating mind, body & soul by Yoga

Chief Guests
Swami Shyama Chaitanyaji
Yogacharya Lalit Madaan

June 5, 2021 – June 21, 2021 5 - 6 PM Zoom

Sh. V.S. Jaggi
Convenor, Sports Committee

Dr. Jasvir Singh
Programme officer, NSS

Dr. Seema Dabas **Dr. Kusha Tiwari** **Prof. Rabi Narayan Kar**
Convenor, CHD Coordinator, IQAC Principal

Faculty Members: Dr. Ruchika Ramakrishnan, Dr. Gayatri Chaturvedi, Dr. Mast Ram, Dr. Kavita Arora, Dr. Sunita Poonia, Dr. Prabhat Sharma & Dr. Vivekanand Nartam

Student Members: Ritika (Y), Siddharth (Y), Mitakshi, Prince, Suraj, Sparsh, Archit, Akansha & Gaurav

To Register, Go to bit.do/chdiy2021
There is no charge for participation. E Certificates will be provided to all.

Follow us on : [/Centre For Holistic Development CHD,SLC](https://www.facebook.com/CentreForHolisticDevelopmentCHDSLCC) @chdofslc

