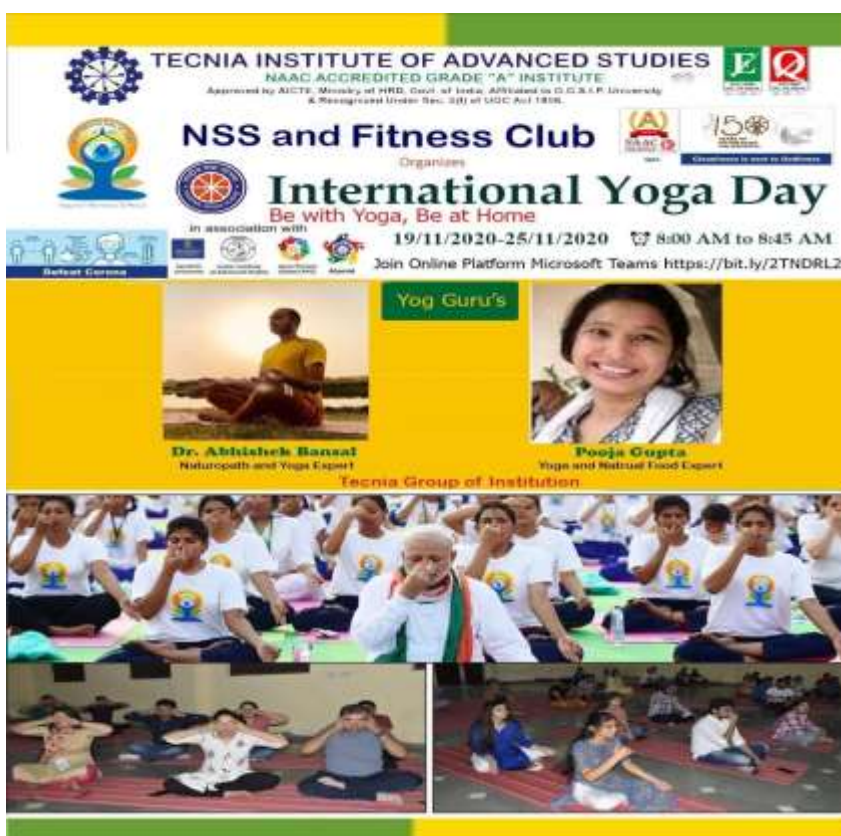


## Report on International Yoga Day- 2021

**21<sup>st</sup> June, 2021**

**Report on International Yoga Day at Tecnia Institute of Advanced Studies, Rohini on 21<sup>st</sup> June, 2021**

- EVENT** : International Yoga Day
- Convener** : Dr. Kirti Miglani, NSS Programme Officer, TIAS
- Participation** : Student of BJMC, BBA, MCA, MBA
- Date** : 21<sup>st</sup> June, 2021
- Venue** :MS TEAM
- Timing** :8:00 AM to 8:45 AM
- Resource Person** :1. Pooja Gupta, Yoga and Natural Food Expert  
2. Dr. Abhishek Bansal, Naturo path and Yoga Expert
- Beneficiaries** :65 + 12=77
- Video Link** :<https://www.youtube.com/watch?v=DmMwOnR9pL0>
- Facebook Live Link** : <https://www.facebook.com/Tecniaofficial/videos/2982148602018034/>



## **REPORT**

Reference to email received from ACITE on 14.06.2021 PM on the subject of International Day of Yoga (IDV) 2021 with enclosure copy of letter no.: D.O. No. M-16011/212021-YN-Part(1) dated 2nd March,2021 on the subject mentioned above received from Secretary, Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha" Sowa-Rigpa and Homoeopathy(AYUSH), New Delhi and requested to take appropriate action in respect of proposed collaborative activities between Ministry of AYUSH and Ministry of Education for IDY-2021 as suggested by the Ministry of AYUSH.

In compliance of the same, TIAS, Fitness Club convened International Yoga Day for the benefit of students and staff with the theme "Be withYoga, Be at Home"

### **OBJECTIVES**

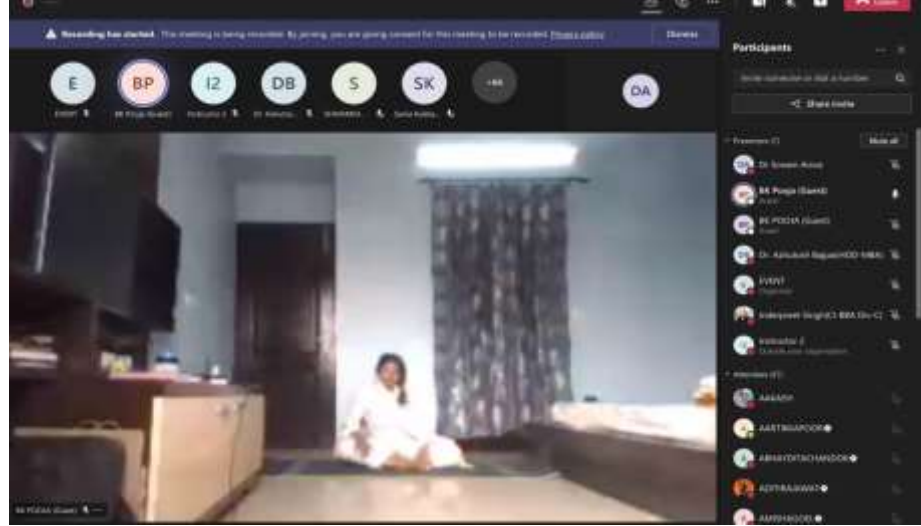
1. To make the participants understand about the health benefits associated with Yoga
2. To enhance the knowledge and encourage the youngsters about pursuits of Yoga.
3. To make the participants understand taking the cognizance of the current situation it's important to motivate each individual to adopt the Yoga not only as practice but a daily ritual and follow it meticulously.

### **WEBINAR**

This webinar was intended to enhance the knowledge of the participants about benefits of Yoga physically, mentally and spiritually. The key focal point of the webinar was to make sure each individual gets awareness about way to perform Yoga.

The participants have learned about the different ways and postures to follow while doing the Yoga and related benefits on health and body.

**Ms. Pooja Gupta**, Yoga Expert



Explained in detail the meaning of each posture and how it has been done and a right way to do the Yoga

- She informed that practicing yoga has been shown to increase mindfulness not just in class, but in other areas of a person's life.
- She taught how to hold and control one's body in a more healthful position. Through consistent practice, your posture will improve so that you look more confident and healthy.
- Regular yoga practice provides consistent energy



**Guest performing yoga**

**Dr. ABHISHEK BANSAL**

Naturopathy and Yoga

Dr Bansal briefed us about the various postures of the Yoga and Asanas.

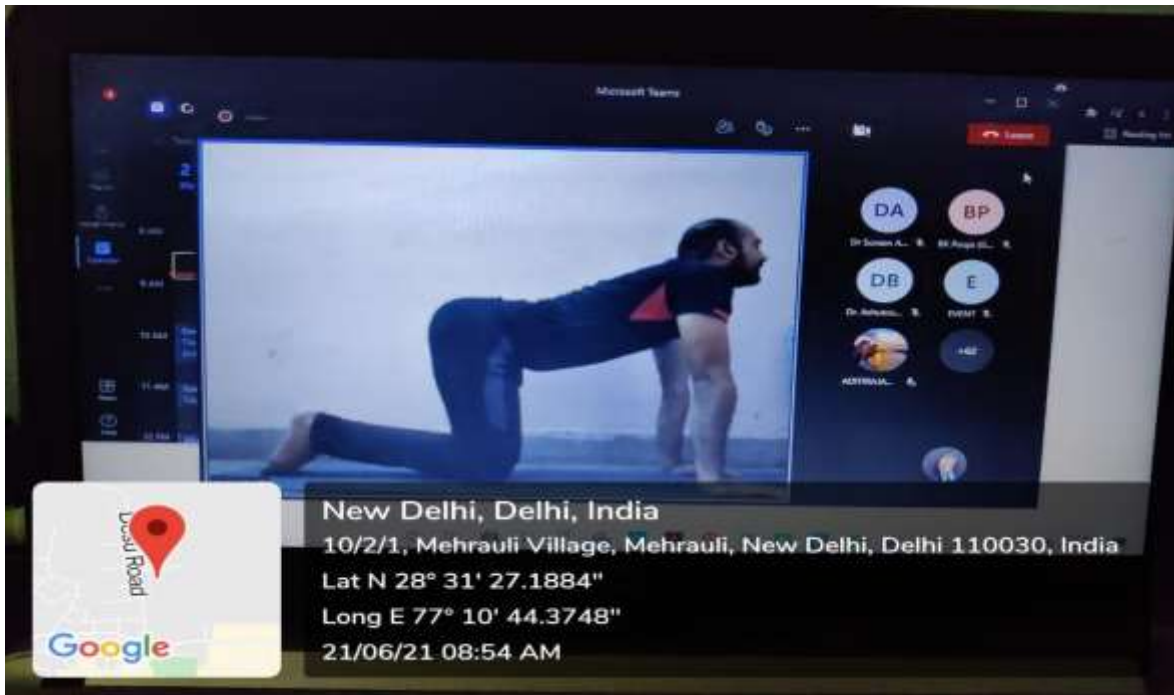
- **Ashva** (or ashwa) means horse.
- **Sanchalana** means stepping, riding or moving.

- **Asana** means seat or posture.



The main physical benefits of Ashwa Sanchalanasana include:

- Stretches the hips on the back leg.
- Opens the Hip Flexors and strengthens the Hip Extensors of the BackLeg.
- Stretches the Psoas Muscles on the side with the Leg Extended.
- Strengthens the Quadriceps, Gluteus Maximus and Hamstrings.
- Stretches the Calf Muscles on the Front Leg.
- Builds strength for the muscles that support the knee.
- Engages the deep Core Muscles, which helps create stability and improve balance.



### *Yoga Asana Demonstration by Guest*

#### **Bound Ankle Pose**

Sitting on the floor, bend knees and open them out to the side like a book. Join the soles of your feet together while sitting upright.

Place fingertips on the floor directly behind you and lengthen up through the spine. You can also hold onto your ankles and hinge forward at the hips.

#### **Sukhasana or Easy Pose**

Amazing one for beginners as it gives one the desired comfort. The *asana* is beyond the horizons of the physical dimension and gives a **spiritual** bliss. ***Sukhasana* is best to reduce anxiety and stress** and mental tiredness. It corrects the body posture and stretches the chest and spine.

#### **Bhujangasana or Cobra Stretch**

It is known as the corrector of the curvature and makes the spine flexible. The curve structure of the asana massages the deep back muscles, spine and nerves. It can be a great *asana* for people dealing with arthritis of the lower back and lower back pains.

Dr. Bansal with his years of practice and an international clientele informed and enlightened the students about the various poses.

- Assanas give us opportunities to rise at physical and spiritual level.

- Health is a state wherein all organs function perfectly under the intelligent control of the mind. Yoga is the only exercise system known today that massages the internal organs and endocrine glands, thus balancing the secretion of hormones, which are responsible for our emotional states. Yoga asanas prevent the expression of negative emotional states like anxiety, depression, a sense of hopelessness and defeatism, replacing them with enthusiasm, joy, a positive outlook and peace.

At last Both the Instructors conducted with the question answer session and with an advice to follow the regime of practicing Yoga Daily and meticulously.

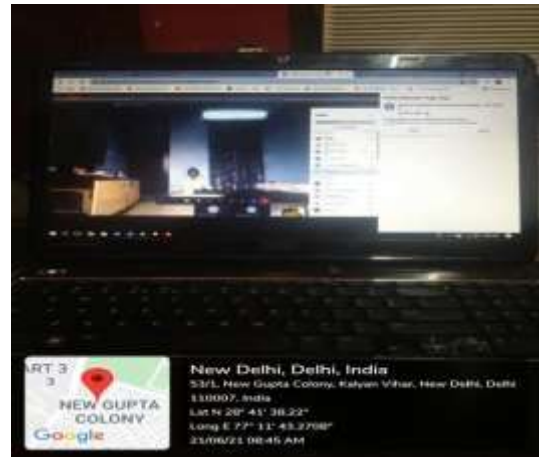
Dr. Ashutosh Bajpai, HOD, Associate Professor Tecnia Institute of Advanced Studies, New Delhi gave a vote of Thanks and expressed his gratitude towards Instructors by addressing them. He also performed the yoga with the instructors. He informed about the benefits and his inclination in practicing the art. He also addressed the students and motivated all of us to grow and learn Yoga and enhance their concentration



*Faculty performing yoga with instructors*

### **Learning outcome**

1. Participants have learnt more about the Various Yoga Asanas.
2. Participants also understand gainful insights about the benefits of the Yoga in future.
3. Participants also acquired practical exposure of Yoga Asanas.



**Participants in Yoga Day**

**INTERNATIONAL YOGA DAY**  
**LIST OF BENEFICIARIES**

| <b>S. NO</b> | <b>NAME</b>         | <b>COURSE</b> |
|--------------|---------------------|---------------|
| 1            | AAKASH              | BBA           |
| 2            | ABHAYDITA CHANDOK   | BBA           |
| 3            | ADITI RAJAWAT       | BBA           |
| 4            | AJAY BHARDWAJ       | BBA           |
| 5            | AMISHA GOEL         | BBA           |
| 6            | ANKUSH PAL          | BBA           |
| 7            | ANUSHKA             | BBA           |
| 8            | ARIKA SAXENA        | BBA           |
| 9            | ARPIT KUMAR THAKUR  | BBA           |
| 10           | ARSHPREET KAUR      | BBA           |
| 11           | AYUSHI PANWAR       | BBA           |
| 12           | AYUSHI BADONI       | BBA           |
| 13           | CHIRAG SHARMA       | BBA           |
| 14           | DARSH VERMA         | BBA           |
| 15           | DHRITI KHANNA       | BBA           |
| 16           | DIMPLE KHANNA       | BBA           |
| 17           | DIVYANSHU MISHRA    | BBA           |
| 18           | DIVYANSHU SHARMA    | BBA           |
| 19           | HARSHITA MAHESHWARI | BBA           |
| 20           | HIMANSHI JAIN       | BBA           |
| 21           | ISHANT KUMAR        | BBA           |
| 22           | ISHIKA SHARMA       | BBA           |
| 23           | ISHITA              | BBA           |
| 24           | JAHANVI GARG        | BBA           |
| 25           | JAI KHATRI          | BBA           |
| 26           | JETHIN THOMAS       | BBA           |
| 27           | KAJAL GOYAL         | BBA           |



|    |                  |     |
|----|------------------|-----|
| 28 | KANIKA JAIN      | BBA |
| 29 | KAVYA SWAROOP    | BBA |
| 30 | KUNAL KUMAR      | BBA |
| 31 | NAKUL GUPTA      | BBA |
| 32 | NAMANVIJ         | BBA |
| 33 | NANDINISHARMA    | BBA |
| 34 | NISHANTNARANG    | BBA |
| 33 | NANDINISHARMA    | BBA |
| 34 | NISHANTNARANG    | BBA |
| 35 | PIYUSHGUPTA      | BBA |
| 36 | PRIYANKASINGH    | BBA |
| 37 | PURUSHARTHPHOGAT | BBA |
| 38 | RADHIKA JANGID   | BBA |
| 39 | RICHASINGH       | BBA |
| 40 | RITIKSHARMA      | BBA |
| 41 | SAGARRATHOR      | BBA |
| 42 | SAMRIDDHISHARMA  | BBA |
| 43 | SANSKARBANSAL    | BBA |
| 44 | SANYA OBEROI     | BBA |
| 45 | SHIVAMJHA        | BBA |
| 46 | SHIVI TYAGI      | BBA |
| 47 | SHREYARYA        | BBA |
| 48 | SHREYGOEL        | BBA |
| 49 | SHRUTIDWIVEDI    | BBA |
| 50 | SHUBHAM KUMAR    | BBA |
| 51 | SNEHA TOMAR      | BBA |
| 52 | SWETA            | BBA |
| 53 | VASUNARANG       | BBA |
| 54 | VIDHISHARMA      | BBA |
| 55 | VIDISHAMISHRA    | BBA |

|    |  |         |
|----|--|---------|
| 56 | VIKASKUMARJHA                          | BBA     |
| 57 | VIVEK KUMAR SINGH                      | BBA     |
| 58 | YASHGUPTA                              | BBA     |
| 59 | ANANDITA                               | BCA     |
| 60 | YASH THAKUR                            | BCA     |
| 61 | SUDIPTO                                | BCA     |
| 62 | AYUSHI                                 | BCA     |
| 63 | DEEPANSHI                              | BCA     |
| 64 | BHARAT MATHUR                          | MBA     |
| 65 | MANVI MAHIPAL                          | MBA     |
| 66 | DR NAMITA MISHRA(HOD-BBA-E)            | FACULTY |
| 67 | DR SONAM ARORA                         | FACULTY |
| 68 | DR. AMIT KUMAR(CI-BBA DIV-C)           | FACULTY |
| 69 | DR. ASHUTOSH BAJPAI(HOD-MBA)           | FACULTY |
| 70 | DR. KIRTI MIGLANI (CI-BBA DIV-A 3RD-E) | FACULTY |
| 71 | DR. VANDANA RAGHAVA(CI-BBA)DIV-B       | FACULTY |
| 72 | DR.GARIMA SINGH                        | FACULTY |
| 73 | DR.NEERAV VERMA(HOD-BBA-M)             | FACULTY |
| 74 | MR. RAHUL TRIPATHI (CI),MBA(M)         | FACULTY |
| 75 | MS. SANIA KUKKAR(FACULTY-BCA)          | FACULTY |
| 76 | MR. INDERPREET SINGH(CI-BBA-M-C)       | FACULTY |
| 77 | DR.SHEENU ARORA                        | FACULTY |