

Government Arts & Commerce College Kachhal

“IQAC Department”

Report of

“Three Days Free Certificate Course of Yoga Training”

Academic Year 2019-20

16/10/2019

IQAC Department of Government Arts & Commerce College Kachhal and Art of Living International center Bangalore jointly organizes “Three Days Free Course of Yoga Training” from October 3, 2019 to October 5, 2019. Art of Living offers several stress-elimination and self-development programs based on breathing techniques, meditation and yoga. Art of Living Foundation has been an educational and humanitarian organization in the U.S. since 1989. Accredited as a United Nations non-governmental organization in 1996, it works in special consultative status with the UN's Economic and Social Council, participating in a variety of committees and activities relating to health, education, sustainable development, conflict resolution, and disaster relief. Students and Faculties from the college had taken benefits at most.

Purpose behind Course:

The original context of yoga was spiritual development practices to train the body and mind to self observe and become aware of their own nature. The purposes of yoga were to cultivate judgment, awareness, self-regulation and higher consciousness in the individual.

Words from Beneficiaries (students and Faculties) of yoga:

Benefits of doing yoga for students and Faculties:

- 1) Reduces Stress And Anxiety....
- 2) Improves Memory And Attention Span....
- 3) Helps To Manage Weight....
- 4) Improves Flexibility, Balance And Posture. ...
- 5) Teaches Correct Breathing Techniques. ...
- 6) Promotes Mindfulness.....

7) Encourages Self-Love And Self-Care.

Three Days plan of the course

Day 1	Yoga Prayer, Yoga Meaning, Introduction, All the Eight Limb Yogic Science
Day 2	Yoga Prayer, Kapalbhatias, Tratakas, Surya Namaskar
Day 3	Yoga Prayer, Kriyas for Eyes, Pratyahara, Meditation

Some Pictures of the Course



Valedictory Session:

On October 5, 2019, Finally Course comes to an end. After completing the Sessions on the last day, Valedictory session had been arranged in Gandhiji Class. Course Coordinator Dr. Gunjan Shah had briefly discussed all the activities done in course and conveyed the importance of yoga in the routine life. Afterwards, Trainer of Art of living international center; Mr Mithil Tawar has expressed his views on

the course, requested all students and staff to continue the yoga Practice. Principal of Govt. Art & Commerce College Kachhal Dr. Hetal S. Tandel has expressed her views about the importance of Yoga. She express her heartfelt thanks to Mr. Mithil Tawar for this course. 3 of the Students had given their feedbacks for the course. Students were appreciated by awarding certificates by Trainer, Principal and Staffs.

