

Sadhana Society SSCBS in Collaboration with NSS



International Day of Yoga - 2023

The following report outlines the events organized by Sadhana Society in collaboration with NSS SSCBS on International Yoga Day, June 21, 2023. We orchestrated a series of activities to commemorate this significant day. The events focused on mental health and de-addiction, pranayama (breathing techniques), Sahaja Yoga, and a yoga asana session. This report highlights the key features and outcomes of each event.

The following events were organised –

Event Name	Date
Mental Health and De-addiction Seminar	June 12, 2023
Pranayama Workshop	June 15, 2023
Yoga Asana Session	June 21, 2023
Sahaja Yoga Kiosk	June 21, 2023

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Mental Health and De-addiction Seminar

A 2-hour interactive session on Mental Health and Deaddiction by a team of three psychiatrists from AIIMS Delhi was conducted on June 12, 2023. The session was attended by first year students from all the three courses - BMS, BBA(FIA) and B.Sc. (H) Computer Science. The doctors started with brief introductions about the subjects for about 45 minutes. They talked about the importance of timely identifying, acknowledging and addressing mental health issues. Also, they mentioned symptoms that indicate the need for professional intervention. The panelists threw light on what can and what cannot be classified as “addiction”, the hazards of substance abuse and how to avoid falling prey to it. This followed a question-answer round wherein students raised various questions about the common issues that today’s youth face, such as stress, anxiety, addiction, relationship issues etc. The discussion was highly appreciated by the students and many of them benefitted.



A total of 315 students attended the session.

Attachments:

1. Poster used for the publicity of the event
2. Pictures from the event

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Poster of the event



An IQAC Initiative

Sadhana
The Yoga Society of SSCBS
Presents

An enlightening interactive session on
MENTAL HEALTH AND DE-ADDICTION
featuring a team of three esteemed doctors from
AIIMS DELHI

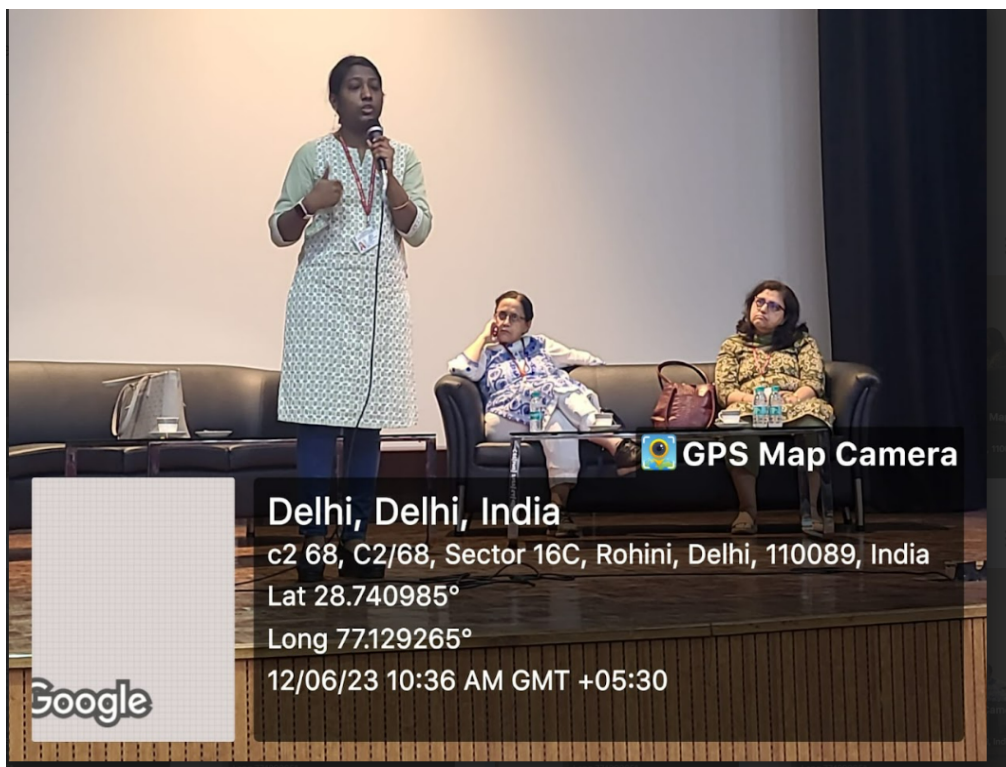
Panelists :

1. **Dr. Mamta Sood**
(Professor, Department of Psychiatry)
2. **Dr. Piyali Mandal**
(Additional Professor, Department of Psychiatry and NDDTC)
3. **Dr. Preethy K**
(Assistant Professor, Department of Psychiatry)

DATE : 12 JUNE 2023
TIME : 10:00 A.M.
VENUE : AKASH GANGA

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Pictures of the event



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Workshop on the Do's and Don'ts of Pranayama

Why Should I Change The Way I Breathe

June 15, 2023



As a part of the celebrations of the 9th International Day of Yoga 2023, Sadhana - the Yoga society of SSCBS organized a workshop on the do's and don'ts of Pranayama practice on June 15, 2023 from 8:30 am to 10:15 am at SSCBS (Room no. 627). The title of the workshop was 'Why Should I Change the Way I Breathe'. Dr. Sumitra A. Bentur, an Ayurveda physician and Yoga therapist with more than 20 years of experience, was the resource person for the workshop. The workshop was divided into 2 segments with the first segment being dedicated to theoretical concepts and the second being a practice session. Dr. Bentur explained the yogic perspective of the human body comprising 5 sheaths called the *Panchaprana*, explained the significance of *Prana*, and the pitfalls of the *Pranayama* practice. Many pranayamas were practised by the participants during the practical session, as the resource person pointed out the do's and don'ts. The workshop was highly appreciated by all the participants.

A total of 12 participants attended the workshop including 9 students, 2 teachers and 1 participant from outside SSCBS (spouse of a teacher).

Attachments -


- Poster
- Pictures

Sadhana Society SSCBS
in Collaboration with NSS
Poster





An initiative of IQAC

WHY SHOULD I CHANGE HOW I BREATHE



Resource person
Dr. Sumitra Bentur
(An Ayurvedic Physician and
Yoga Therapist)
Starting at 8:30 AM
June 15, 2023



**Pranayama Workshop, where breath becomes a gateway
to inner harmony and well-being.**

Sadhana Society SSCBS in Collaboration with NSS

Pictures



Sadhana Society SSCBS in Collaboration with NSS

Guided Yogasana Session

June 21, 2023

A guided Yogasana session was conducted by three experts from Bhartiya Yog Sansthan in the college grounds on June 21, 2023 from 7 am to 8 am. The experts started by educating the participants about benefits of adopting Yoga in lifestyle. They also described simple practices that can be done to counter the effects of long sitting hours and screen time. This was followed by practice of yogasanas. The session concluded with everyone enjoying fresh coconut water. The session was appreciated by the students.

Twenty students from SSCBS and 9 children from Shubhakshika Educational Society (an NGO that operates in Rohini, Delhi) attended the session.

Attachments

- Pictures

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Pictures



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An Experiential Demonstration

By

A Team from Sahaja Yoga

June 21, 2023

A team from Sahaja Yoga put up a kiosk in the college premises to help the interested experience the benefits of meditation. Many interested students and staff members benefited from the live experience.

