

Annual Report: 2021-22

Sadhana: The Yoga Society



Key Events in 2021-22

REPORT ON REPUBLIC DAY CELEBRATION 2022

On the occasion of Republic Day, 2022, Sadhana - Yoga Society of Shaheed Sukhdev College of Business Studies organized performance of Surya Namaskar (Sun Salutation) by students. Surya Namaskar is a yoga practice incorporating a flow sequence of some twelve gracefully linked asanas. Besides being a cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind. Below is a link to the recording of the Republic Day Celebration, that includes the performance of Surya Namaskar:

<https://m.youtube.com/watch?v=GmFN1nl9Hgc>



Talk titled 'Yoga- Your Health Your Choice'

Under the IQAC initiative of the Shaheed Sukhdev College of Business Studies, a talk on the health benefits of yoga was held on 4th Feb, 2022. The session was delivered by Prof. Rima Dada, AIIMS Delhi. She is a professor in the Department of Anatomy at AIIMS Delhi and is actively involved in research, genetic diagnostic and counseling services. The speaker discussed mind-body interventions and discussed the importance of yoga and how it could help to prevent and mitigate complex diseases. She also shared the impact of how diet and lifestyle directly programs our genes in a semi permanent way.

Report on Yoga Workshop Conducted as a Part of Vivante' 2022

Sadhana - the Yoga Society of Shaheed Sukhdev College of Business Studies collaborated with Kartavya, the student society that works for social causes, for their annual philanthropic fest 'Vivante' to conduct a yoga workshop for children from an NGO named Shubhakshika Educational Society. The one-hour workshop was conducted on March 9, 2022 at 10 am in the college premises. The instructor of the workshop, Dr. Sonika Thakral, a faculty in the Department of Computer Science at SSCBS, who is also a certified Yoga instructor, taught subtle joint movements, some basic Yogasanas, explained the significance of right breathing and the benefits of adopting Yoga in one's lifestyle. Thereafter, some fun exercises were held which made children happy to be a part of this event.



Workshop 'Why Should I Change The Way I Breathe'

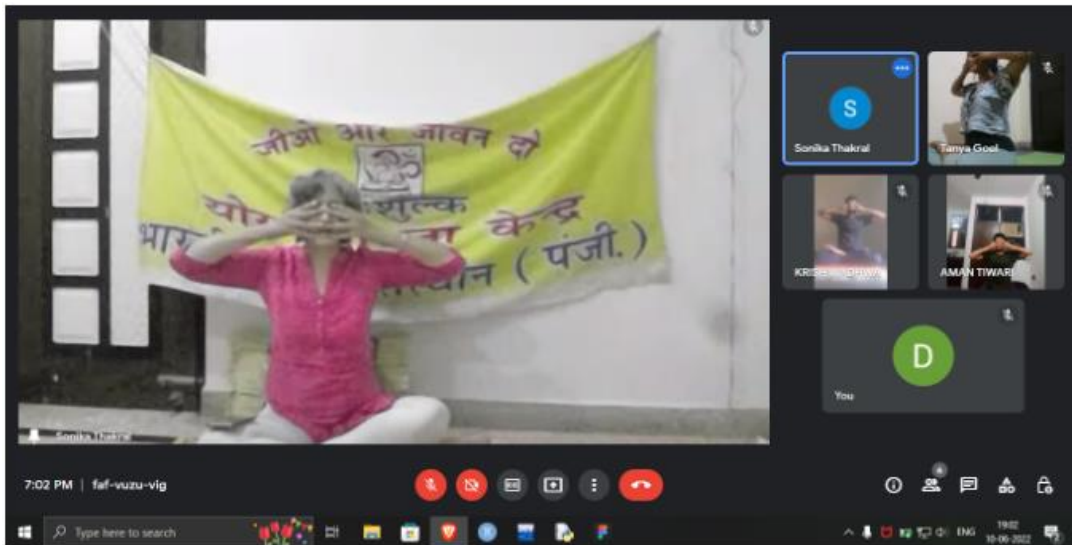
As a part of the celebrations of the 8th International Day of Yoga 2022, Sadhana - the Yoga society of SSCBS organized a workshop on the do's and don'ts of Pranayama practice on June 20, 2022 from 8 am to 10 am at SSCBS (Room no. 627). The title of the workshop was 'Why Should I Change the Way I Breathe'. 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 one hour being dedicated to theoretical concepts and the second hour 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't's. The workshop was highly appreciated by all the participants. We are happy to report that 3 students expressed interest in joining the Sadhana society after attending the workshop.





Yoga session organized on International Yoga day 2022

In order to remind ourselves of the physical and spiritual power that yoga has given to the global arena, Sadhana - the Yoga society of SSCBS commemorated the International Day of Yoga on June 21, 2022. We planned a yoga performance on the campus grounds on June 21 from 7 am to 8 am as a part of the festivities. We scheduled 15 online practice sessions from 6 to 7 p.m. commencing on June 6, 2022, to get ready for this performance. Dr. Sonika Thakral oversaw its administration.



Meet - faf-vuzu-vlg

meet.google.com/faf-vuzu-vlg?pr=1&authuser=1

Mona Varma

Sakshi Sharma

Tanya Gool

Anjana Sandoo

Sakshi Talsani

AMAN TIWARI

Sonjina Chauhan

KRISH WADHAWA

Shobhit Singh

You

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