

Annual Report: 2022-23

Sadhana: The Yoga Society



1. Session on Mental health: July 11, 2022

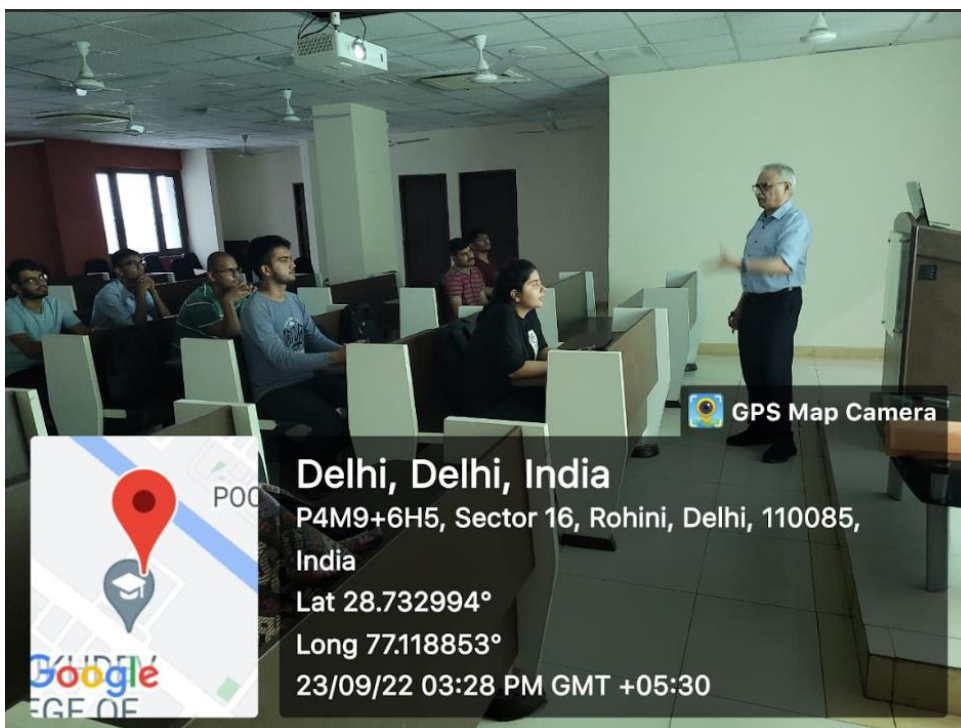
An interactive session on mental health and related issues titled 'Mental Health, Issues and Services' was conducted by Ms. Radhika Shroff, a qualified psychologist. She spoke about various mental health issues, lack of awareness about them and the associated social stigma. She also brought into limelight various myths associated with mental health issues and conveyed the importance of addressing such issues timely. A total of 8 students voluntarily attended the talk. The participants found the talk very engaging. There was active participation from the students, who discussed several issues they were facing being away from home (non-Delhiites).

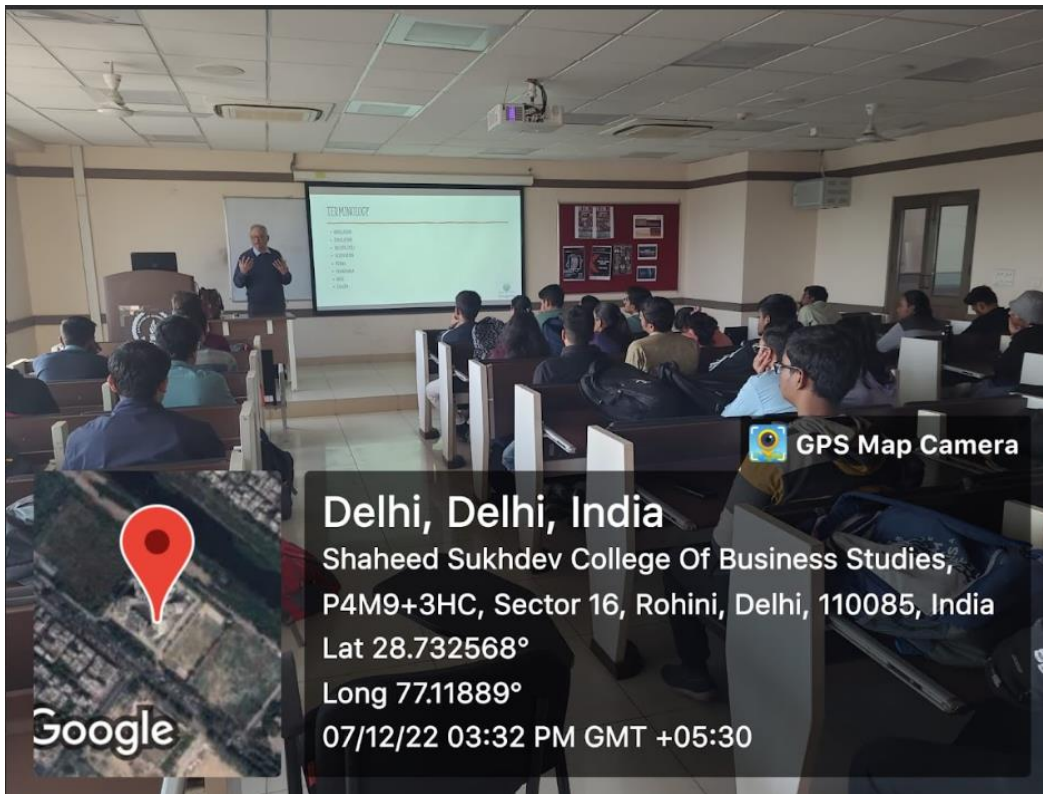




2.3. Breath-Works Workshops: September 19,23,28, 2022 & December 7,14, 2022

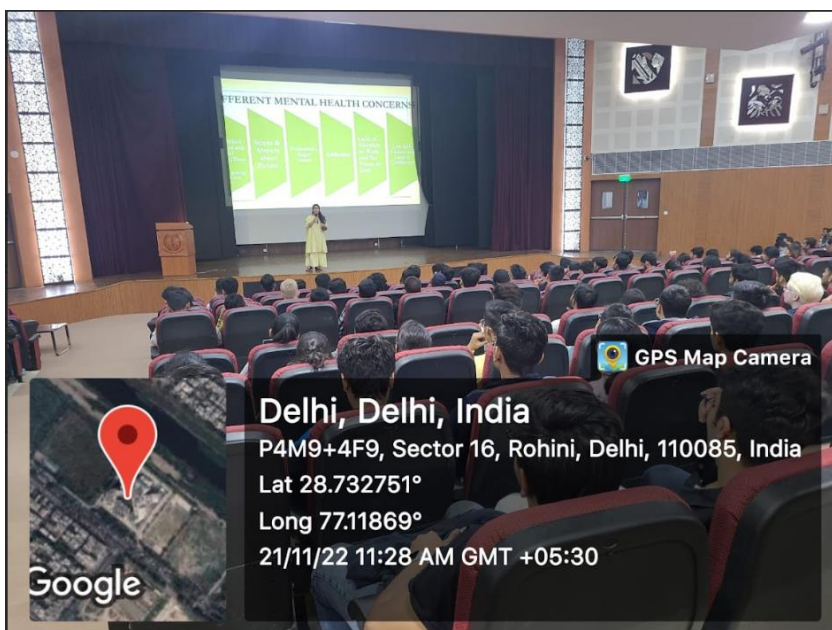
Two workshops on right breathing techniques were conducted by Dr. Ashok Bhatt during the year – one of which was conducted over three days (2 hrs each day) and one over two days (2 hrd each day). Dr. Bhatt discussed the benefits of right breathing (particularly abdominal breathing), and explained how this simple technique may be instrumental in combating stress and anxiety. Along with students, some teachers and non-teaching staff also benefited from the workshops.

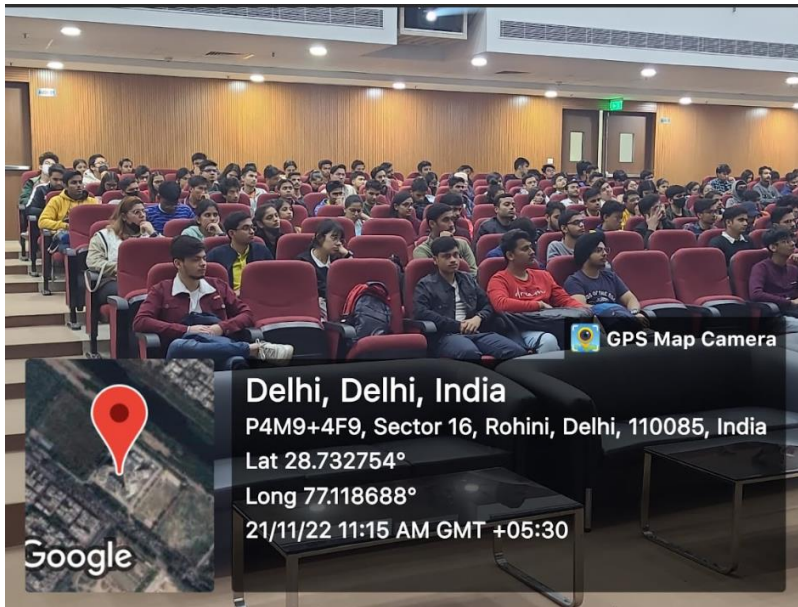




4. Session on Mental Health and related issues - November 21, 2022

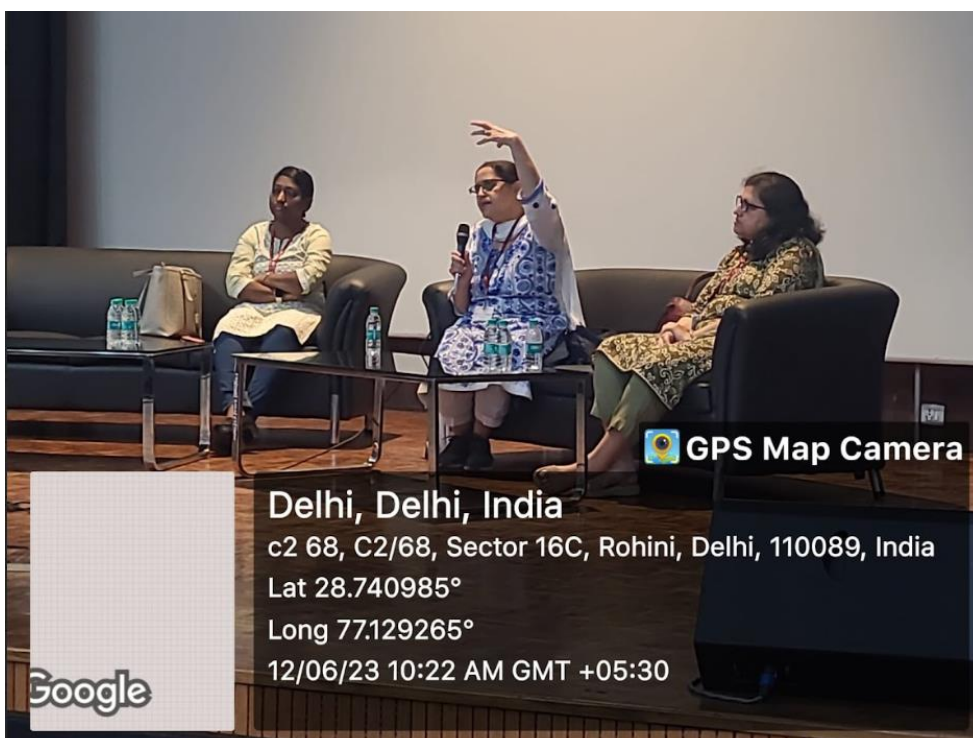
A talk on Mental Health and Related Issues was organized for the first-year students. The goal was to make the students aware about common mental issues, and make them understand the importance of talking about such issues and seeking help at the right time. The speaker for the session was psychologist Ms. Radhika Shroff. Students from first year across all courses attended the session.





5. Session on Mental Health and Deaddiction - June 12, 2023

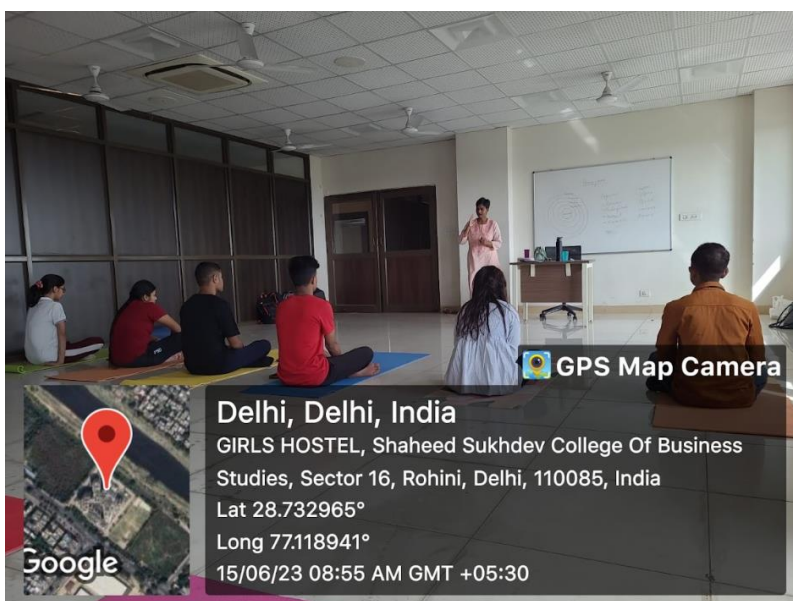
As a part of the celebrations of the 9th International Day of Yoga 2023, a 2-hour interactive session on Mental Health and Deaddiction by a team of three psychiatrists from AIIMS Delhi was conducted on June 12, 2023. The doctors started with brief introductions about the subjects for about 45 minutes. 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. About 315 students from first year across all courses attended the session.





6. Workshop on Pranayama - Why Should I Change The Way I Breathe held on June 15, 2023

As a part of the celebrations of the 9th International Day of Yoga 2023, a 2-hour workshop on the do's and don'ts of Pranayama practice was held on June 15, 2023. 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't's. 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.





7. 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.





8. Experiential Session 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.





Other initiatives

1. Meditation Session: December - 20,21(2022) & March - 20,21,22,27,28(2023)

Under the Har Ghar Dhyam program, a team from The Art of Living organized one-hour meditation sessions for the students of first, second and third years (all courses).

2. Visit to the Aurobindo Ashram, Delhi branch: January 18, 2023

A visit to the Aurobindo Ashram was organized for the students pursuing VAC on Yoga: Philosophy and Practice, and the students of the Sadhana society. The program began at 2 pm with a discussion on The Journey of Life, which was followed by a demonstration of some asanas and pranayama by a volunteer from the Ashram. At the end, the students were given a tour of the Ashram and were served tea and snacks.

Student Committee

- President: Uday Chaudhary
- Vice President: Dimple

Advisory Committee: Sakshi Sharma

Coordinators: Bhavika Malhotra, Krish Wadhwa

Core Committee: Allen Pandey, Aman Tiwari, Animesh Kumar, Anupriya Bajpai, Divyanshu Pathak, Ibrahim Ghaffar, Karukuri Akhila, Megha Sharma, Mukul Anand, Sanjana Chauhan

Organizing Committee: Anshaj, Anurag Sharma, Chetan, Chirag Kanwat, Dashrath, Deepesh, Gagan kashyap, Gunika, Harsh, Harshada Vikhankar, Jatin Gupta, Jitendra Singh Rawat, Karan Singh, Labhanshu Sahu, Megh Maurya, Prachi, Prastuti Sachan, Rahul Kumar Singh, Rajat kumar, Roshan Kumar, Sadhana, Shreyanshi.
