

Yoga and Meditation

Aim

Primary aim of yoga is to gain balance and control in one's life and to free from confusion and distress. It provides a sense of calm that comes from the practice of yogic exercises and the practice of breath control.

Yoga improves posture, increases the intake of oxygen and enhances the functioning of all body systems like respiratory, digestive, endocrine, reproductive, excretory systems etc. The practice of yoga helps us to overcome that imbalance.

The practice of yoga helps to focus better and give perfect health, spiritual contentment, and total well being.

Objectives

- To give Yoga practice regularly
- To practice mental emotional stability To possess
- To integrate moral values
- To attain higher level of consciousness
- To enhance muscle strength, coordination, flexibility, agility and range of motion.

Activities

- Classes are offered in the morning and in the early evening on every Saturdays
- Regular informative talk on different asanas like
 - Slow Stretching Yoga Asana for Neck
 - Full Body Yoga Tadasana – The Mountain Pose
 - Standing Forward Fold Pose (Uttanasana Yoga)
 - The Triangle Pose (Trikonasana Yoga) For Beginner
 - Bow Pose (Dhanurasana Yoga)
 - Surya Namaskar (Sun Salutation)
 - Kapalbhatai Pranayama Yoga Pose for Beginner
 - Bound Angle Pose – Baddha Konasana Yoga for Beginners
 - Relaxing Yoga Asana (Eagle Twist Yoga)

- Headstand Pose (Sirsasana Yoga Pose)
- Sarvangasana (Shoulder Stand) For Beginner
- Paschimottanasana (Forward Bend Pose)

REPORT OF INTERNATIONAL YOGA DAY - 2016

National cadet corps under the 2 Tamil Nadu Girls Bn, NCC, Madurai of Jayaraj Annapackiam College for women (Autonomous), Periyakulam observed the International day of yoga on 21st June 2016. Yoga is a spiritual, physical and mental practice which originated in India. The programme began with prayer song followed by bible reading and prayer at 7.00am in the college premises with 82 NCC cadets, Associate NCC officer. Different yoga postures like pranayama, Bhujangasana, vrikshasana, Uttaanaasana, Trikonaasana, Bhadsasana, Shashankaasana, Pawana, muktaasana, finally ended with and meditation. This was a great opportunity to imbibe the value of discipline. The programme was come to an end with National Anthem.

REPORT OF INTERNATIONAL YOGA DAY - 2017

The International Day of Yoga was celebrated on 21st June 2017 at Jayaraj Annapackiam college for women (Autonomous), Periyakulam to bring peace, harmony, happiness and sucesss to every soul in the world. NCC cadets got the chances to know how the yoga embodies unity of mind and body. The programme began with prayer song followed by bible reading and prayer at 7.30am in the college premises with 131 NCC cadets, Associate NCC officer and Parade Instructor Mr. Aanand of 2 Tn (G) Bn, NCC, Madurai. Different yoga postures like vrikshasana, Uttaanaasana, Trikonaasana, Bhadsasana, Shashankaasana, Bhujangasana, Pawana muktaasana, finally ended with pranayama and meditation. This was a great opportunity to imbibe the value of discipline. The programme was come to an end with National Anthem.

REPORT OF INTERNATIONAL YOGA DAY -2018

International Day of Yoga is celebrated annually on 21st June, since its inception in 2015. The idea of International yoga day was first proposed by the current Prime Minister Mr. Narendra Modi. Yoga is a physical, mental and spiritual practice originated in Bharat or India. It is an invaluable gift of India's ancient tradition. It embodies unity of mind and body, thought and action, harmony between man and nature, a holistic approach to health and well being. It will reduce stress and improve some medical conditions such as premenstrual syndrome.

The programme began with prayer song followed by bible reading and prayer at 7.30am in the college premises with 107 NCC cadets, Associate NCC officer and Parade Instructor Mr. Aanand of 2 Tn (G) Bn, NCC, Madurai. Different yoga postures like vrikshasana, Uttaanaasana, Trikonaasana, Bhadsasana, Shashankaasana, Bhujangasana, Pawana muktaasana, finally ended with pranayama and meditation. This was a great opportunity to imbibe the value of discipline.

Parade Instructor delivered a very enlightening lecture on importance of yoga and he quoted several scientific studies to establish that yoga practices help in reducing high blood pressure and providing relief from back pain and neck pain. The programme was come to an end with National Anthem.

REPORT OF INTERNATIONAL YOGA DAY - 2019

International day of yoga is celebrated on 21st June 2019 at JAC campus. Yoga is a physical, mental and spiritual practice originated in Bharat or India. It is an invaluable gift of India's ancient tradition. It embodies unity of mind and body, thought and action, harmony between man and nature, a holistic approach to health and well being. It will reduce stress and improve some medical conditions such as premenstrual syndrome.

The programme began with prayer song followed by bible reading and prayer at 7.30am in the college premises with 80 NCC cadets, Associate NCC officer. Different yoga postures like Bhadsasana, Vrikshasana, Pawana muktaasana, Uttaanaasana, Trikonaasana, Shashankaasana, Bhujangasana, finally ended with pranayama and meditation. This was a great opportunity to imbibe the value of discipline. The programme was come to an end with National Anthem.



REPORT OF NATIONAL LEVEL ONLINE WEBINAR ON “YOGA PRACTICES” ON 21.06.2020

Jayaraj Annapackiam College for women (Autonomous), Periyakulam associated with Arulmigu Palaniandavar Arts College for women (Autonomous) Palani conducted a National Level- A One Day Capacity Enhancement Programme on “Yoga Practices” on 21.06.2020 through online. 362 candidates participated in this event from all over India, including ANO’s and cadets. Col. Bipul Chandra Nath Officer Commanding, 2(TN) Girls Bn NCC, Madurai, Rev. Dr. B.J. Queensly Jeyanthi, Superior & Secretary, JAC, Rev.Sr.Dr.S. Jesurani, Principal, JAC and Dr. N. Puvaneswari, Principal, APAC served as the conveners in this programme. Dr. R. Kanthanathan, Assistant Professor & HOD i/c, Department of Physical Education, College of Veterinary and Animal Sciences University, Pookode, Wayanad, Kerala served as the resource person and Lt.Dr.L. Merlin Dayana and Lt. Dr. R. Kalaiyarasi served as the coordinators. Yoga is a spiritual, physical and mental practice which originated in India. Dr.Sr.S.Jesurani, Principal of our college felicitated the programme and Lt. Dr. L. Merlin Dayana, ANO, welcomed the gatherings. Dr. R. Kanthanathan delivered the enlightened lecture as well as practical part of yoga through google classroom. He has given the demonstration on different yoga postures like vrikshasana, Uttaanaasana, Trikonaasana, Bhadsasana, Shashankaasana, Bhujangasana, Pawana muktaasana, finally ended with pranayama and meditation. This was a great opportunity to imbibe the value of discipline. It embodies unity of mind and body, thought and action, harmony between man and nature, a holistic approach to health and well-being. It will reduce stress and improve some medical conditions such as premenstrual syndrome. This programme came to an end with vote of thanks given by Lt.Dr.R. Kalaiyarasi, ANO of APA college, Palani. E- Certificates were distributed to all the registered participants.



Yoga Practices

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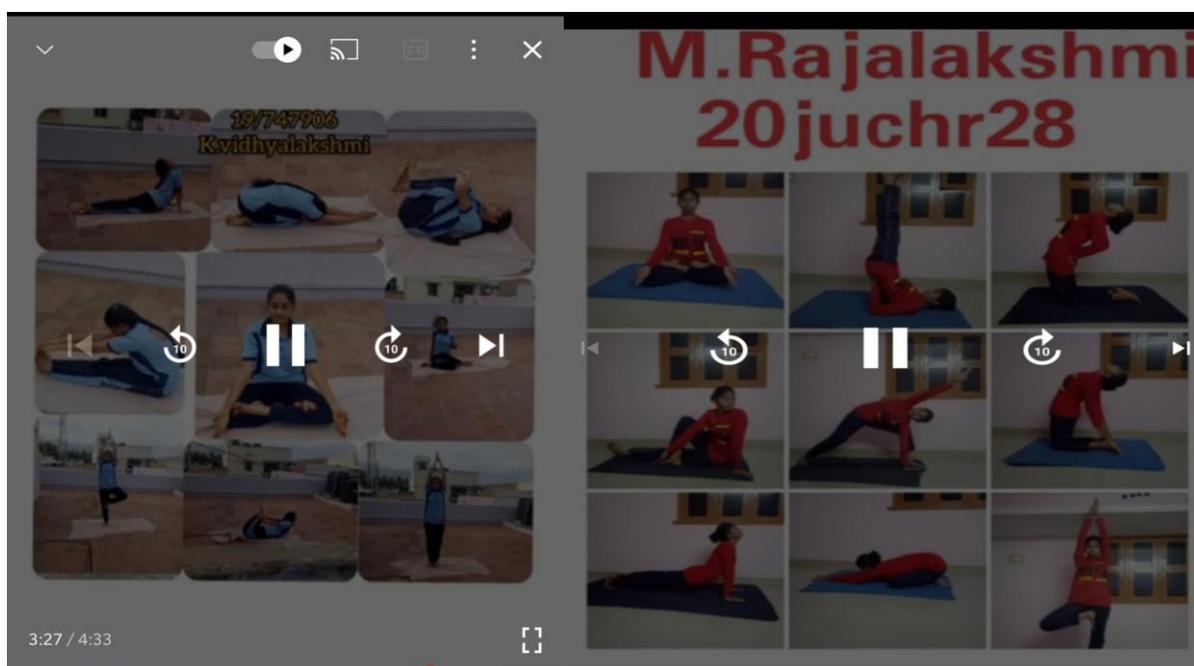


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REPORT OF INTERNATIONAL YOGA DAY - 2021

International Day of Yoga is celebrated on 21st June 2021 in online mode. Yoga is a physical, mental and spiritual practice. It is an invaluable gift of India's ancient tradition. It embodies unity of mind and body, thought and action, harmony between man and nature, a holistic approach to health and wellbeing. It will reduce stress and improve some medical conditions such as premenstrual syndrome. 102 NCC cadets participated in yoga competition-2021 through online mode by doing different yoga postures like Bhadsasana, Vrikshasana, Pawana muktaasana, Uttaanaasana, Trikonaasana, Shashankaasana, Bhujangasana. All the postures of NCC cadets were uploaded in you tube channel.

Here is the link - <https://youtu.be/dSzn1d2qdN4>



REPORT OF INTERNATIONAL YOGA DAY - 2022

NCC has organised a "International Yoga Day Celebration" at Jayaraj Annappaikiam College for Women (Autonomous), Periyakulam on 21st June 2022. 67 NCC cadets have participated in this programme.





KRISHAN CHANDER GOVERNMENT DEGREE COLLEGE POONCH CONDUCTED TWO DAYS SEMINAR-CUM-SYMPOSIUM CUM ESSAY COMPETITION CUM QUIZ COMPETITION CUM YOGA ASANAS ON ON 20TH AND 21ST OF JUNE 2022

Shri Krishan Chander Government Degree College Poonch organized a two days



seminar-cum symposium cum essay competition cum quiz competition cum yoga asanas on National yoga day in collaboration with the Arulmigu Palaniandavar Arts College For Women (Autonomous), Palani, Tamil Nadu, Jayaraj Annapakim College For Women (Autonomous), Periyakulam, Tamil Nadu and 5 J&K Bn NCC Poonch. The Programme was a joint exercise of several departments (Dept. of philosophy, NCC, Sports, NSS, Zoology) worked under the banner of “EK Bharat Shreshtha Bharat Club” to celebrate “ Azadi Ka Amrit Mahotsav”.

EK BHARAT SHRASHTHA BHARAT is a major flagship programme of government of India started by our Prime Minister Sh. Nirander Modi aims at to strengthen the unity and integrity of India in which Jammu and Kashmir is Paired with Tamil Nadu. Shri Krishan Chander Government Degree College Poonch achieved the distinction when Lt. Dr. Yougish Kumar Sharma, H o D Philosophy & NCC Officer SKCGDC Poonch Signed another MoU with his counterpart Lt. Dr. L. Merlin Dayana, Assistant Prof. in Zoology, JACW Periyakulam Tamil Nadu in May 2022 in the presence of the principals of both the colleges under EBSB, as a similar MoU was signed with Lt. Dr. R. Kalairasai, Nodal Officer EBSB Club, APA College For

Women, Palani, Tamil Nadu in 2021.

The program was organized by Lt. Dr Yougish Kumar Sharma and Prof. Mukesh Sharma of SKCGDC Poonch where Prof. Khadam Hussain, Coordinator IQAC, Was the convenor of the Program. Lt. Dr. R. Kalairasai, Nodal Officer EBSB, APA College for women Palani, Tamil Nadu and Lt. Dr. L. Merlin Dayana, Nodal Officer, EBSB Club, JACW Periyakulam Tamil Nadu were the co-ordinators who were the incharge of online segment of the program.

Prof. M. H. Shah, Principal SKCGDC Poonch was the Patron of the Program where as Dr. N. Puvaneswari, Principal APA College for Women, Tamil Nadu and Dr. Rev. Sr. Dr. S. Jesurani, Principal, JACW Periyakulam Tamil Nadu were the co-patron of the two days program. Prof. M. H. Shah, Principal SKCGDC Poonch, presided the inaugural as well as valedictory sessions.

The Program was started at 11:00 am on 20th of June 2022 with the inaugural ceremony in which after “Lamp Lightening” and “National Anthem” welcome address was delivered by Prof. Fateh Mohd. Abbasi followed by the introductory address by Dr. Yougish in which he mentioned the importance of the program and presents a detail of the activities conducted in these two days including formal technical-lecture sessions, quiz competition, Essay-writing competition to be held on 20th of June whereas Morning Yoga Asanas at 06:30 am, Yoga Asanas Presentations by Yoga Experts, common Yoga protocol practice, Yoga Break (Y-Break), as well as the detail of online and offline technical lecture sessions on 21st of June 2022.

In the Valedictory Session Prof. M. H. Shah, principal, SKCGDC Poonch, delivered the presidential Address in which he discussed the value of treasure of Yoga and its benefits to individual and social level and appreciates the efforts of NCC Officer Dr. Yougish, PTI Mr. Mukesh of Poonch College and Lt. Dr. R. Kalairasai of APA College, Palani, Tamil Nadu and Lt. Dr. L. Merlin Dayana of JA College, Periyakulam, Tamil Nadu for the dissemination of the message of yoga from one corner of India (i.e. Poonch J&K-the Northernmost part of Nation-India) to another corner (i.e. Tamil Nadu- the Southernmost part of Nation-India). He also appreciates the resource persons, yoga experts, NCC Cadets, NSS Volunteers and other students of all the three colleges including Cadet Jasleen Singh and Cadet Sudiksha Sharma for hosting the stage in the two days national event. He also presents his regards to Prof. Dr. Indoo Pandey Khanduri, Director, Faculty Development Centre, PMMMNMTT, MoE, GoI, at HNBGU Uttarakhand who is connected with us online; Guest of Honour Shrikant Rai, Commanding Officer, 5Jk Bn NCC Poonch as well as the Chief Guest of the Valedictory Session—Ex- Principal Prof. Dr. S. D. Sharma who are physically present (offline). Finally, Dr. Yougish presents formal Vote of Thanks.