

Events organised under Centre for Yoga and Well Being during 2020-21

Report on Online Certificate course on Foundation of Yoga

The Department of Physical Education organised an 'Online Certificate course on Foundation of Yoga'. The duration of the course was ten days. It was held from 15th February to 24th February 2021. The virtual course was organized for the college students and staff members. We received an extremely overwhelming response for the course. A total of 299 students registered themselves for the course and online certificates were issued to those 135 participants who fulfilled the 90% attendance criteria as mentioned in the brochure.


The session was conducted by Ms. Fatima, where she demonstrated various asanas, meditation skills and explained the benefits of various asanas for different diseases and deformities also. The queries of participants were also answered. All the sessions were very informative and received many compliments from participants.

Course Contents:

- ☐ Yogic Prayer
- ☐ Shatkarm
- ☐ Sukshn Vyayam
- ☐ Sthool Vyayam
- ☐ Asanas
- ☐ Nadishodhan
- ☐ Prayanama
- ☐ Meditation
- ☐ Suryanamaskar
- ☐ Deep Relaxation Techniques

Please Note


- ❖ Certificates will be awarded to those participants who will attend 90% of the course.
- ❖ Registration will be first come first serve basis. Seats are limited.
- ❖ Classes must be attended daily with an empty or light stomach or as advised by the yoga instructor.


97 years

INDRAPRASTHA COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
CENTRE FOR YOGA AND WELL-BEING
organises

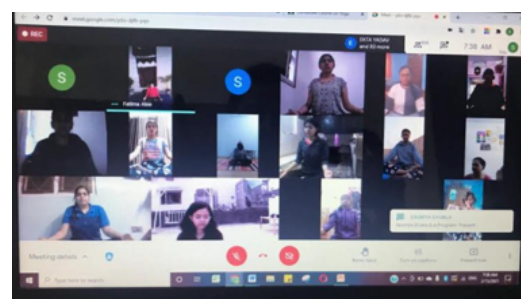
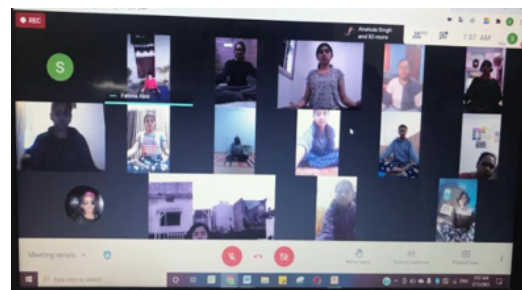
**ONLINE CERTIFICATE
COURSE ON
FOUNDATION OF YOGA**

15th February – 24th February 2021
Online Live Sessions: 7:30-8:30 am



Registration Link:
https://docs.google.com/forms/d/e/1FAIpQLSeTnZr8P2aYendaiidnRn54y0yry_Fev2IsLFT8C27w86Qvawdum

For further details:
Phone : 9310407100
E-mail : yoga@ipw.du.ac.in



REPORT

YOGA WEEK AND 6TH INTERNATIONAL DAY OF YOGA

In lieu of the 6th International Day of Yoga, The Centre for Yoga and Well Being of IP College organised a Yoga Week. Due to the ongoing pandemic, the Yoga Day was celebrated virtually this year. It provided an opportunity to explore and make good use of different platforms and softwares and organise many more events. The Yoga Week was an amalgamation of competitions and online yoga sessions organised for college students and community across all Indian Universities and institutes. The events organised turned out to be a hit amongst all. We received extremely overwhelming responses for all the events that were organised.

The first event organised was the Online Quiz conducted using Google Forms. A total of 300 participants attempted the quiz and all of them received personalised e-certificates mentioning their scores also.

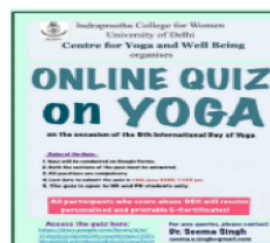
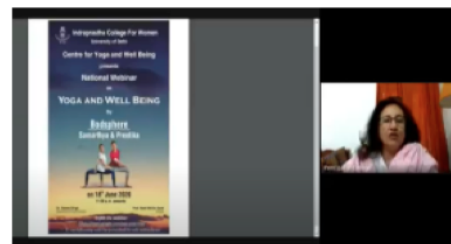
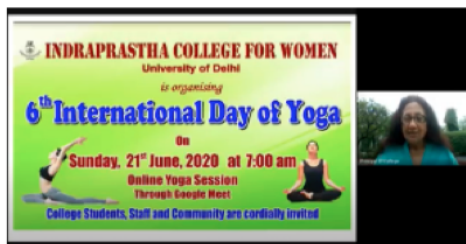
The second event was the Logo-Making Competition on the theme 'International Day of Yoga'. A total of 50 entries were received and the winning entry was awarded a prize money of Rs. 1500, followed by the next top 3 commendable entries winning a prize money of Rs. 500 each.

The third event was a National Webinar on Yoga and Well Being, which was organised on 18th June 2020. The session was conducted by Team Bodysphere where they demonstrated various asanas, explained the importance of a good diet and also answered the many questions asked by the interactive audience. The webinar saw an attendance of 120 people. All of the attendees received a Certificate of Participation.

The Yoga Week culminated on 21st June 2020, with the organisation of an Online Yoga Session, conducted by the College Yoga Expert, Ms. Fatima. College staff and students attended the session and performed along-side too. Ms. Fatima performed the various asanas and followed the guidelines and procedures as directed by the MHRD. The College Principal, Prof. Saraf also announced the results of the Logo-Making Competition in this session. All the participants and winners were provided e-certificates for the same.

All of these events saw massive and very active participation by one and all. We congratulate and express gratitude to each and every participant and our colleagues for the success of the Yoga Week and the 6th International Yoga Day.

Some glimpses of the Events :



Report-Virtual live session on Yoga for Holistic Development

The Centre for Yoga and Well Being organised a Nation-wide Virtual Live Yoga Session on 23 May 2021 from 8 am for the college staff, students and community. 75 participants had attended the session. The Yoga expert for the session was Mr Chandraveer. The session was extremely insightful and the expert imparted valuable information about the various benefits of the asanas onto the participants. Mr Chandraveer demonstrated and talked at length about SookshmaAsanas, Stress relieving exercises and Prayanam. Participants were also welcomed to ask some questions on asanas that would help them fix their postures and help in meditation.

Overall, it was a wholesome and a much-needed session for all, especially during these times of the lockdown where keeping the body and mind at peace is of great importance.

