



RAJIV GANDHI ARTS AND SCIENCE COLLEGE
(A GOVERNMENT OF PUDUCHERRY INSTITUTION)
PONDICHERRY SOCIETY FOR HIGHER EDUCATION (PONSHE)
THAVALAKUPPAM, PUDUCHERRY-605007.
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DEPARTMENT OF PHYSICAL EDUCATION

**Report on Martial Arts (Yoga) Programme 2022– 2023
(From 05.12.2022 to 03.02.2023, Organized by RUSA)**

Date: 05.12.2022 to 03.02.2023

No of Student Participants: 50 Students

Objectives:

To make the students understand the significance of yoga and meditation

1. To enable the students to have good health.
2. To practice mental hygiene.
3. To possess emotional stability.
4. To integrate moral values through yoga and meditation.
5. To attain a higher level of consciousness.

With COVID-19 social distancing and 'stay at home' directives, one can easily feel isolated, anxious, and in desperate need of a relaxing activity and some social contact.

The Context: Yoga is an ancient art for building a healthy mind. The concept of yoga indicates the connection of the human soul to supreme power. The role of yoga in education, as per the spiritual aspect, helps the students perform their daily duties in their day-to-day lives. Stress plays a negative role in the human body. Due to stress, students could not perform in a better way. So yoga helps establish a positive impact on students during education.

The Practice: Keeping in view the objectives, the Department of Physical Education of RGASC organized a yoga class in collaboration with RUSA, Directorate of Higher and Technical Education, Puducherry, in the college premises on December 5, 2023.

The session was organized physically in the evening hours of 3.00 p.m. to 4.30 p.m. under the guidance of Principal Dr. J.Hannah Monisha and the supervision of RUSA Coordinator Dr.V. Uma, Assistant Professor, and Dr.S. Adhavan, Director of Physical Education.

The yoga instructor, Ms. Sri Devi, discussed the importance of yoga aspects and demonstrated asanas as mentioned in the common yoga protocol (Government of India). These included asanas like Pranayama, Surya Namaskar, Dandasana, BaddhaKonasana, Dhanurasana, Shavasana, Halasana, Malasana, Matsasana, Sarvangasan, Ustrasana, Sirsasana, Bhujangasana, Paschimottanasana, ArdhaMatsyendrasana, Chakrasana, Dhanurasana, Simhasana, Trikonasana, Naukasana, ArdhaKapotasana, Gomukhasana, Marjariasana, etc. Students enjoyed the program. They learned a lot. They were mostly benefited by the thirty-day camp.

Evidence of Success: 50 participants participated enthusiastically in the session, performed various yoga moves, and understood the importance of yoga and its effect on mental as well as psychosocial well-being.

The valedictory function of the yoga program was held on February 10, 2023. Students were provided certificates by the Principal, Dr. J.Hannah Monisha, RGASC the complete event was a grand success.



Director of Physical Education



Principal

YOGA DEMONSTRATION PHOTOS





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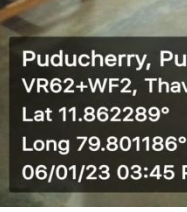
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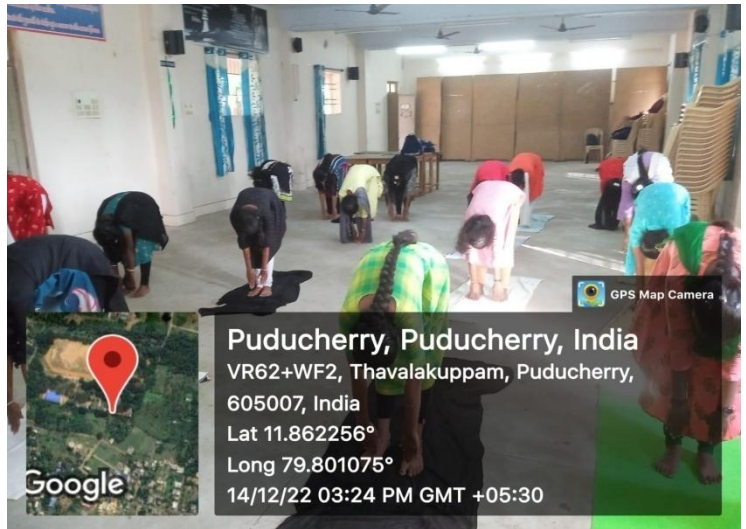
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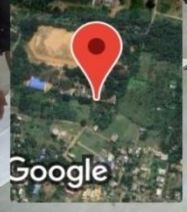
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**30 DAYS YOGA TRAINING PROGRAMME ORGANIZED BY
DEPARTMENT OF PHYSICAL EDUCATION SPONSORED BY RUSA**

2022-23 (December to February)



