

**Organised by : National Service Scheme (Khushi, Sahil, Jatin)**

**Date: 02 March, 2021**

**Live Yoga session - "Benefit of stillness and cultivating peace"**

NSS Unit in collaboration with Student welfare Committee of Sri Guru Nanak Dev Khalsa College has organised a live session on Yoga - "Benefit of stillness and cultivating peace" on 2nd of March 2021 at 04:00 PM.

Dr. Urmil Groh was the guests of the event. She guided us on, how to keep ourselves fit and fine by body and by mind as well. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasana, Tadasana, BhujangAsana and ending with Shavasana.

DR. Urmil Groh motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing. Dr. Urmil Groh gave us incredible tips on how to keep ourselves healthy. They shared their incredible experiences and made the webinar, a very interesting and wonderful one.

She also told that Yogic exercises recharge the body with cosmic energy and facilitate:

1. Attainment of perfect equilibrium and harmony
2. Promotes self-healing
3. Removes negative blocks from the mind and toxins from the body
4. Enhances personal power
5. Increases self-awareness
6. Helps in attention, focus and concentration, especially important for children
7. Reduces stress and tension in the physical body by activating the parasympathetic nervous system.

The true essence of yoga revolves around elevating the life force or 'Kundalini' at the base of the spine. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or 'asanas'

**ONLINE YOGA SESSION - "BENEFIT OF STILLNESS AND CULTIVATING PEACE"**

that aim to keep the body healthy. The mental techniques include breathing exercises or 'pranayama' and meditation or 'dhyana' to discipline the mind.

She told that Yoga can be practiced in any age it is suitable for people of all ages and requires no 'stunt' skills. It should be included in our daily life. Path of self-knowledge and self-realisation can be attained via positive thinking, perseverance, discipline, right orientation, prayer as well as humble and kindness. The importance of life is the health of our body. If health is not good then we will not be able to achieve our goals or will not remain happy. It is rightly said that "Health is not everything, but without health everything is nothing'.Yoga at the physical level comprises several postures or asanas to keep the body healthy. The mental techniques in Yoga include breathing exercises or pranayama and meditation to discipline the mind. According to the Bhagavad Gita "A person is said to have achieved yoga, the union with the Self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the Self alone."

The college teaching staff along with NSS volunteers and other students of different colleges have attended the webinar as well. A strength of 60+ students were present in the session. The Yoga session lasted for 2 hours from 04:00 PM to 06:00 PM.The session was very refreshing, reviving and relaxing. DR. Urmila Groh gave us incredible tips on how to keep ourselves fit and fine. They shared their incredible experiences and made the webinar, a very interesting and wonderful one.

SRI GURU NANAK DEV KHALSA COLLEGE

(UNIVERSITY OF DELHI)

ONLINE YOGA SESSION - "BENEFIT OF STILLNESS AND CULTIVATING PEACE"

The screenshot displays a Google Meet session interface. At the top, the browser address bar shows the meeting URL: `meet.google.com/tyt-kgdf-vmr?pli=1&authuser=3`. The meeting title is "ONLINE YOGA SESSION - 'BENEFIT OF STILLNESS AND CULTIVATING PEACE'". The time is 5:27 PM. The interface shows a grid of participants, including "You" and several others with names like "NNS Sgnd", "Sahil Malik", "Kashish Chawla", "Taranpreet Kaur", "Parii Kaur", "HJM20.0904 ...", "Prerana Kiran", "Charu Kaur Ar...", "bcp19 3148", "bcp19 3290", "Khushi Bansal", "Anshul Kaushik", "HJM20.0916 ...", "MAT20.1401 ...", "Parvinder Kaur", "Nilmadhu Sriv...", "Rohit Sharma", "Deep Mala", "Urmila Groh", "Jatin Pandey", "MAT20.1386 k...", "hin19 701", "SUPER SPEAK...", "Anurag Singh", "Akash Gupta", "hjm19 910", "bcp19 3205", "NIKHIL SHAR...", "Ramnivas Geela", "Abhay Mehta", "BCH20.0223 u...", "Chetanya Mittal", and "Aman...". A chat bubble from "Annu shree Das" says "Thank you mam 😊". The Windows taskbar at the bottom shows the time as 17:27 on 02-03-2021.

SRI GURU NANAK DEV KHALSA COLLEGE


(UNIVERSITY OF DELHI)

ONLINE YOGA SESSION - "BENEFIT OF STILLNESS AND CULTIVATING PEACE"

16:32 4G LTE 104 KB/S VOIP

tyt-kgdf-vmr

REC



Shika Gupta and 1 more joined

You Parii Gurmohin... 56 others

SRI GURU NANAK DEV KHALSA COLLEGE

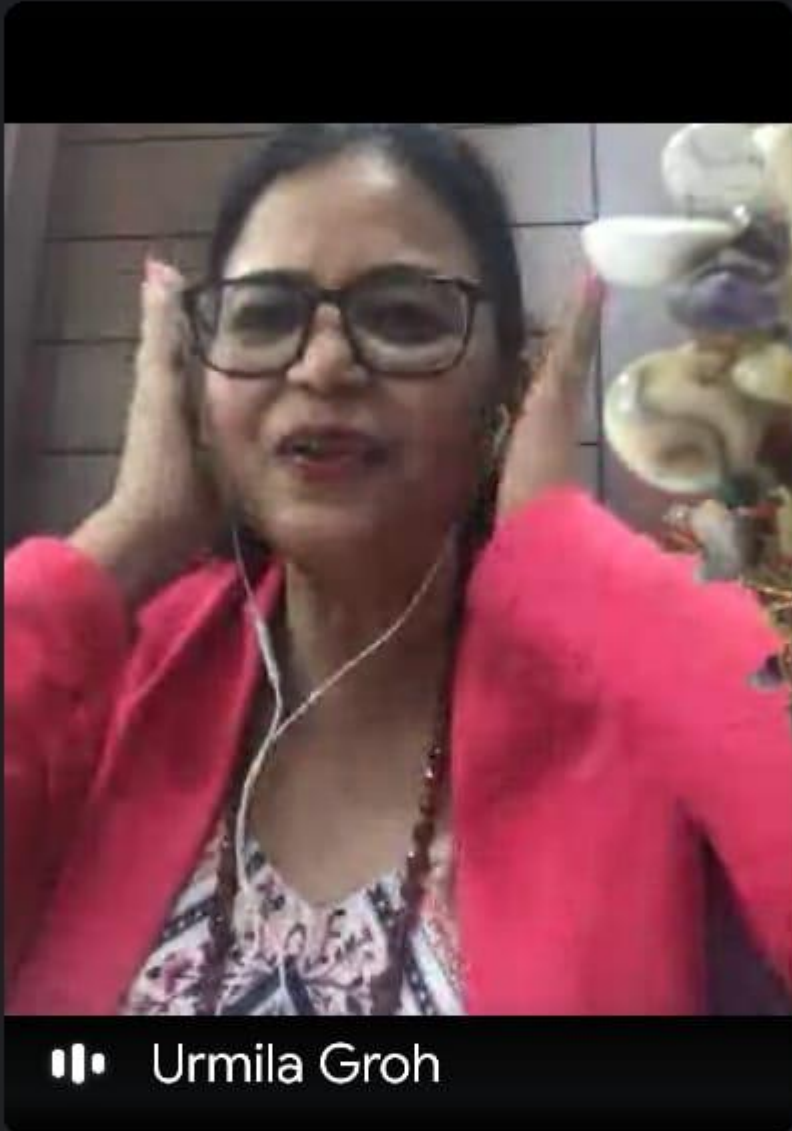
(UNIVERSITY OF DELHI)

ONLINE YOGA SESSION - "BENEFIT OF STILLNESS AND CULTIVATING PEACE"

16:31 4G LTE 103 KB/S VOIP

tyt-kgdf-vmr

REC



Urmila Groh

You Parii Gurmohin... 49 others

SRI GURU NANAK DEV KHALSA COLLEGE

(UNIVERSITY OF DELHI)

ONLINE YOGA SESSION - "BENEFIT OF STILLNESS AND CULTIVATING PEACE"

