

# **JYOTI NIVAS COLLEGE AUTONOMOUS BENGALURU**



## ***INTERNATIONAL YOGA DAY- 5<sup>TH</sup> WEEK PRACTICE SESSION***

**EMBRACE THE CALM**

**“THE JOURNEY ON THE SELF,  
THROUGH THE SELF,  
TO  
THE SELF”**

**Session conducted by NCC**

**Date: 2<sup>nd</sup> June 2022**

**Time: 7:00 a.m – 8:30 a.m**

**Venue: Degree Quadrangle, JNC**

# BENEFITS OF YOGA

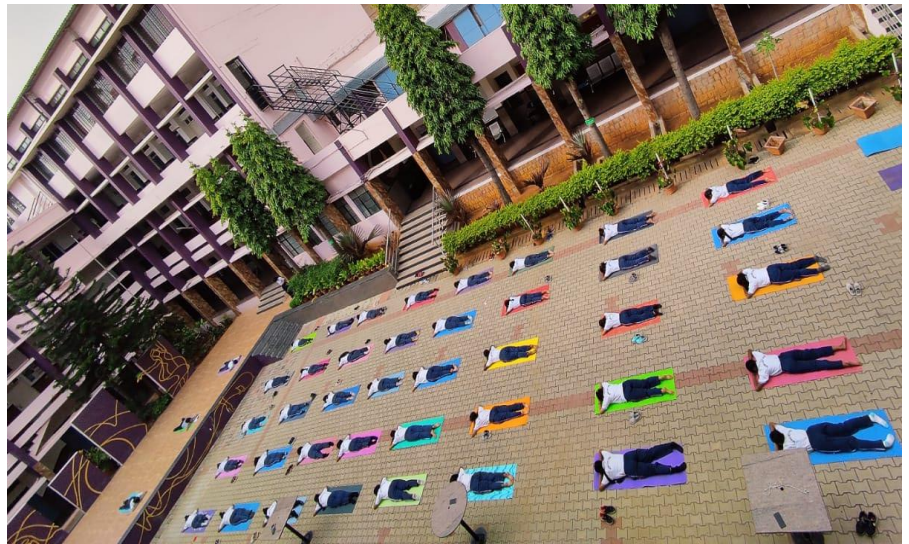
Yoga is essentially a path to liberation from all bondage. However, medical research in recent years has uncovered many physical and mental benefits that Yoga offers, corroborating the experiences of millions of practitioners. A small sampling of research shows that:

- Yoga is beneficial for physical fitness, musculoskeletal functioning, and cardiovascular health.
- It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension, and many lifestyle-related disorders.
- Yoga helps to reduce depression, fatigue, anxiety disorders, and stress.
- Yoga regulates menopausal symptoms.
- In essence, Yoga is a process of creating a body and mind that are stepping-stones, not hurdles, to exuberant and fulfilling life.

# MOMENTS CAPTURED DURING THE SESSION



*“Sky above, earth below, peace within.”*



*“Yoga is the journey of the self to the self through the self.”*



*“Yoga is a light which once lit,  
will never dim, the better your practice, the brighter the flame.”*



*“Meditation takes you into the present moment,  
the only place where life exists.”*



*“Yoga adds years to your life and life to your years!”*

# BRIEFING OF THE SESSION

Yoga is an ancient area that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us have control over our bodies and mind.

Yoga is enjoyable, relaxing, and very beneficial. It eases tension in the body and mind and helps one to have a more positive outlook on life. No matter which style of yoga, one is to choose, there will be some sort of benefit.

Yoga encourages one to relax, slow the breath and focus on the present, shifting the balance from the sympathetic nervous system and the flight-or-fight response to the parasympathetic system and the relaxation response. The latter is calming and restorative; it lowers breathing and heart rate, decreases blood pressure, lowers cortisol levels, and increases blood flow to the intestines and vital organs.

Yoga is the medicine for nearly every problem. As you practice yoga, it does not only help you to improve your physical body but also helps in maintaining your inner peace and relaxing your mind. Thus, there is nothing that yoga will not help.

*“What we think, we become,*

*Meditation is the medication”*

# ATTENDEES OF 5TH WEEK YOGA PRACTICE SESSION

## INTERNATIONAL YOGA DAY 2022

SL.NO	NAME	COMBINATION	YEAR	REG.NO
1	Akshaya H	B.Com	1 <sup>ST</sup> YEAR	20PCA003
2	Anitha Kumari	BBA	3 <sup>RD</sup> YEAR	20BBA007H
3	Divya Y	B.Com	1 <sup>ST</sup> YEAR	20PSA053
4	Guju suchithra Reddy	BA. HTJ	3 <sup>RD</sup> YEAR	20TJ015H
5	Harshitha M	BBA	3 <sup>RD</sup> YEAR	20BBA022K
6	Indumathi C	Bsc	3 <sup>RD</sup> YEAR	20PMCO23K
7	Jaishree B N	B.Com	3 <sup>RD</sup> YEAR	20BC114H
8	Kavyashree C R	CSE	2 <sup>ND</sup> YEAR	1VI20CS055
9	Kamya Yadav	BA.HTJ	3 <sup>RD</sup> YEAR	20TJ005H
10	Manasa B R	B.Com	1 <sup>ST</sup> YEAR	20PCA036
11	Manisha N Suthar	BA.ESPA	3 <sup>RD</sup> YEAR	20PA016H
12	Santhala Shireesha	B.Com	3 <sup>RD</sup> YEAR	20BC058H
13	Srushti C	BSc	1 <sup>ST</sup> YEAR	20PBD029
14	Thangamma P P	BSc. CBZ	3 <sup>RD</sup> YEAR	20CBZ038H
15	Varsha S	B.Com	1 <sup>ST</sup> YEAR	20PSC074

S.NO	NAME	COMBINATION	YEAR	REG.NO
1	Aditi Chaurasia	B.COM	1 <sup>ST</sup> YEAR	21BC171
2	Alice Kujur	BA PYSY	1 <sup>ST</sup> YEAR	21PYSY002
3	Amalorpava Lisha	SEBA	2 <sup>ND</sup> PUC	21PSA010
4	Amisha Mishra	PCMC	2 <sup>ND</sup> PUC	21PCS006
5	Anandi D	BCA	1 <sup>ST</sup> YEAR	21BCA011
6	Anjali	B.COM BL	1 <sup>ST</sup> YEAR	21BL003
7	Ankitha Samiksha	BVOC.VP	1 <sup>ST</sup> YEAR	21BVP017
8	Anuradha Om Patel	BVOC	1 <sup>ST</sup> YEAR	21BBF004
9	Anvitha N M	B.COM BL	1 <sup>ST</sup> YEAR	21BL005
10	C M Deeksha	B.COM BL	1 <sup>ST</sup> YEAR	21BL010
11	Gagana M Gowda	BBA	1 <sup>ST</sup> YEAR	21BBA020
12	Isneha Shah	PCMC	2 <sup>ND</sup> PUC	21PCS018
13	Kavishri Venkatesan	B.COM TM	1 <sup>ST</sup> YEAR	21BT042
14	Komathi R	B.COM BL	1 <sup>ST</sup> YEAR	21BL020
15	Laniya Evelyn	SEBA	2 <sup>ND</sup> PUC	21SEBA0025
16	Nayana C	HEBA	2 <sup>ND</sup> PUC	21PHA051
17	Niharika C S	PCMB	2 <sup>ND</sup> PUC	21PBC009
18	Nikita Maruti Bore	SEBA	2 <sup>ND</sup> PUC	21PSB058
19	Prishita Thapa	BA PYSY	1 <sup>ST</sup> YEAR	21PYSY039
20	Rakshitha B S	BSC PYCS	1 <sup>ST</sup> YEAR	21PYCS023
21	Riya Vaman	PCMC	2 <sup>ND</sup> PUC	21PCS057
22	Ruby Johnson	BSC PYCS	1 <sup>ST</sup> YEAR	21PYCS026
23	S Vinitha	B.COM	1 <sup>ST</sup> YEAR	21BC056
24	Samiksha Pandey	B.COM BL	1 <sup>ST</sup> YEAR	21BL040
25	Satyashri Vedantam	ING. BSMS PSY	1 <sup>ST</sup> YEAR	21IBS021
26	Srishti Kandari	PYEC	1 <sup>ST</sup> YEAR	21PYEC022
27	Shreya Gururaj	B.COM TM	1 <sup>ST</sup> YEAR	21BT033
28	Trisha P	SEBA	2 <sup>ND</sup> PUC	21PSC060
29	Vandana	SEBA	2 <sup>ND</sup> PUC	21PSA073
30	Varuni R	PSY ING BSC MSC	1 <sup>ST</sup> YEAR	21IBS028
31	Vinayaka Nanda B G	BSC.BTCH	1 <sup>ST</sup> YEAR	21BTCH010
32	Yashvi Sharma	PCMB	2 <sup>ND</sup> PUC	21PBD078



Our overall experience was very calming and relaxing. It helped absolve us from all the pent-up stress and frustration we feel in our day-to-day life. This experience helped further reinstate the importance and impact of yoga in our lives. We tend to forget the need to reflect on ourselves and maintain the health of our mind and body and yoga helps us achieve just that. We are very grateful to have this opportunity as we finished the event with grounded euphoria, maintaining the delicate balance between our mind, body, and soul.

*“Yoga is a flame when you light it up,  
the glow never fades away”*