

Department of Yoga
D.S.B Campus
Kumaun University, Nainital.



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The detailed report of the activities **Role of Yoga & Meditation** done by department of Yoga is attached below.

Dr. Seema Chauhan,
H.O.D Yogic Science,
D.S.B. Campus,
Kumaun University,
Nainital (Uttarakhand)

YOGA DEPARTRMENT
D. S. B. Campus
Kumaun University
Nainital (Uttarakhand)

ACTIVITIES ORGANISED BY DEPARTMENT OF YOGA (2022-23)

Activity 1-

Title of the activity	Role of Yoga & Meditation, Organisation of Yoga session and lecture on importance of mental health at D.S.B Campus
Department name	Yoga, D.S.B Campus, Kumaun University, Nainital
Date of event	13 th June 2022
Name of organizers/ contributor	Dr. Seema Chauhan & Mr. Shubham Vishwakarma

Executive summary

Overview: The recent event was organized at Yoga department for the students of Botany Department.

1. Yoga Session: The session aimed to introduce students to the benefits of yoga, including physical postures and meditation. By demonstrating these practices, instructors helped students become more conscious of their health and inspired them to incorporate yoga into their daily routines. This aligns with the growing recognition of yoga's role in promoting physical and mental well-being.

2. Lecture on Mental Health: The lecture addressed the prevalent issues of



academic pressure, financial stress, and fear of failure among students. By encouraging them to dedicate time to meditation, the session sought to provide practical tools for stress management. Meditation is known to reduce anxiety and improve cognitive functions, which can lead to better academic performance and overall mental health.

Purpose of the event

- By demonstrating yoga postures, instructors aimed to raise awareness about physical fitness and flexibility.
- Meditation practices were introduced, emphasizing stress reduction and overall health.
- Students were encouraged to adopt yogic practices in their daily lives. The lecture addressed common stressors faced by students, including academic pressure and financial burdens.
- Encouraging students to allocate at least 15 minutes for meditation aimed to reduce anxiety and enhance performance.
- The event recognized the interconnectedness of physical and mental health.

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Event detail

Date	Time	Location
13 th June 2022	10:00AM-12:00PM	D.S.B Campus, Kumaun University, Nainital
	10:00AM- Yoga and Meditation Session	
	11:00AM-12:00PM- Lecture on Mental Health	

Attendance and participant: 32 students

Conclusion

The practice of yoga and meditation was immensely beneficial for college students. These practices served as a powerful tool to enhance their mental clarity, reduce stress, and improve overall well being. Most of the students said that they will be incorporating these practices into their daily lives and will be looking forward for such more sessions. Ultimately these yogic practices help the students navigate the challenges of college life with calm and centered approach fostering a harmonious balance between body, mind and soul.



Appendices

ATTENDANCE
Department of Yoga: Role of Yoga & Meditation

Sl. No.	Name	Signature
1.	Ayushi S. Dinkar	Ayushi S.
2.	Chandrika Mehra	Chandrika
3.	Chetan Khattri	Chetan
4.	Deeksha Mehra	Deeksha
5.	Divyanshu	Divyanshu
6.	Divyanshu Kirola	Divyanshu
7.	Gayatri Lama	Gayatri
8.	Harshita Khatri	Harshita
9.	Isha Sirala	Isha Sirala
10.	Kiran Bisht	Kiran
11.	Kumkum Chauhan	Kumkum
12.	Mansi Suntha	Mansi
13.	Meghana Chauhan	Meghana
14.	Neha Chauhan	Neha
15.	Payal Arya	Payal
16.	Poonam Bisht	Poonam
17.	Prashant Kumar	Prashant Kumar
18.	Preeti Mahara	Preeti
19.	Prerna Tamta	Prerna Tamta
20.	Priyanshi Bisht	Priyanshi
21.	Priyanshu Kabdwal	Priyanshu
22.	Rohit Juyal	Rohit
23.	Saket Goswami	Saket
24.	Tanisha Joshi	Tanisha
25.	Gaurav Karki	Gaurav
26.	Aditya Dani	Aditya
27.	Rishabh Chandra	Rishabh
28.	Kanchan	Kanchan
29.	Lalita Bhauryal	Lalita
30.	Preeti Joshi	Preeti
31.	Sangeeta	Sangeeta
32.	Tisha Rathor	Tisha

Name of the Organizer: Dr. Seema Chauhan



