

# Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)



## *Action taken report of* **YOGA Training Sessions**



*Submitted by*

**Keisham Monarita**

Yoga Instructor

# YOGA

does not just change  
the way we see things,  
it transforms the person who sees.

---

B.K.S Iyengar

---







In this trying situation of COVID-19 Pandemic, yoga has been playing a great role in motivating people on the whole. Yoga is one of the oldest sciences of the world originated from India, which is very useful for both getting and maintaining the physical, mental and moral health. The benefits of yoga are acknowledged more as of now hence it is perceived positively.

The Principal and the Department of Physical Education of Mehr Chand Mahajan DAV College for women had taken the initiative of making yoga classes compulsory for the faculty members especially for healthy living during the pandemic. As physical classes were impossible, they were substituted with online classes, and online yoga classes helped the members to a great extent thereby fighting obesity, joint pain and other health related issues.



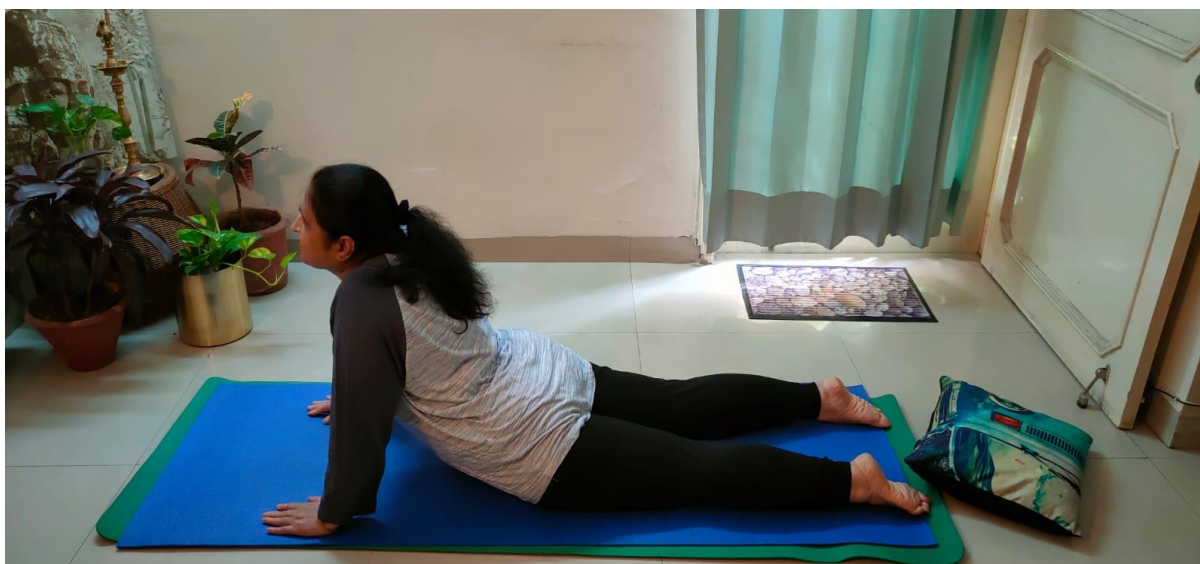
The online yoga classes commenced from 29th of June 2020. The classes were conducted in two different sessions i.e., morning and evening with a slot of one hour each. In the classes Asanas, pranayamas and bhandas were included. Warming up exercises were also included prior to the asanas. Benefits of each of the asanas and the pranayamas were also acknowledged. Specific asanas for relief of back pain, joint pain, hypertension, diabetes etc. were also performed. Most preferably yoga has been taken up by people as a relief of stress and anxiety.







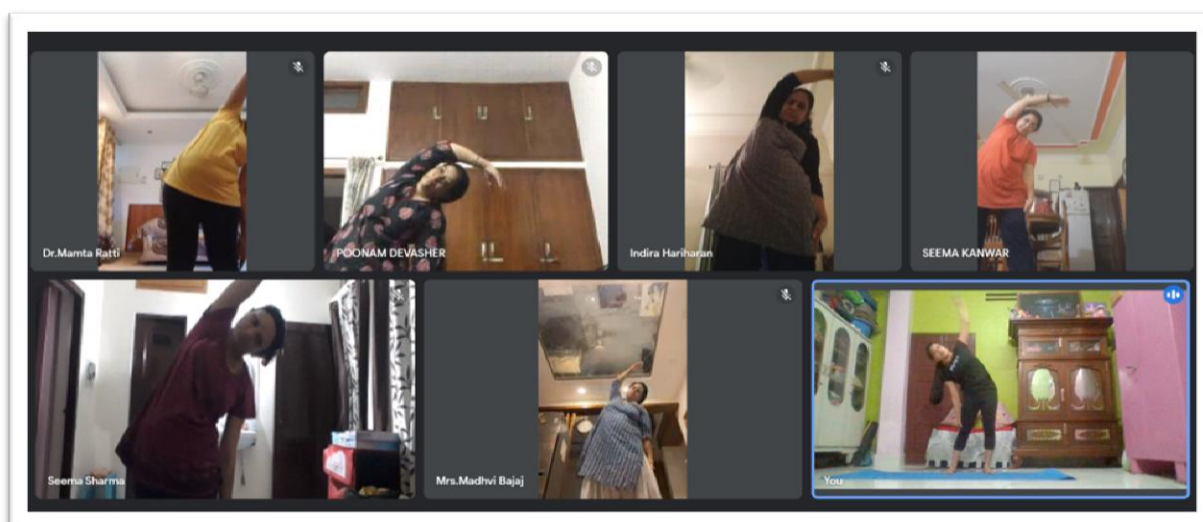
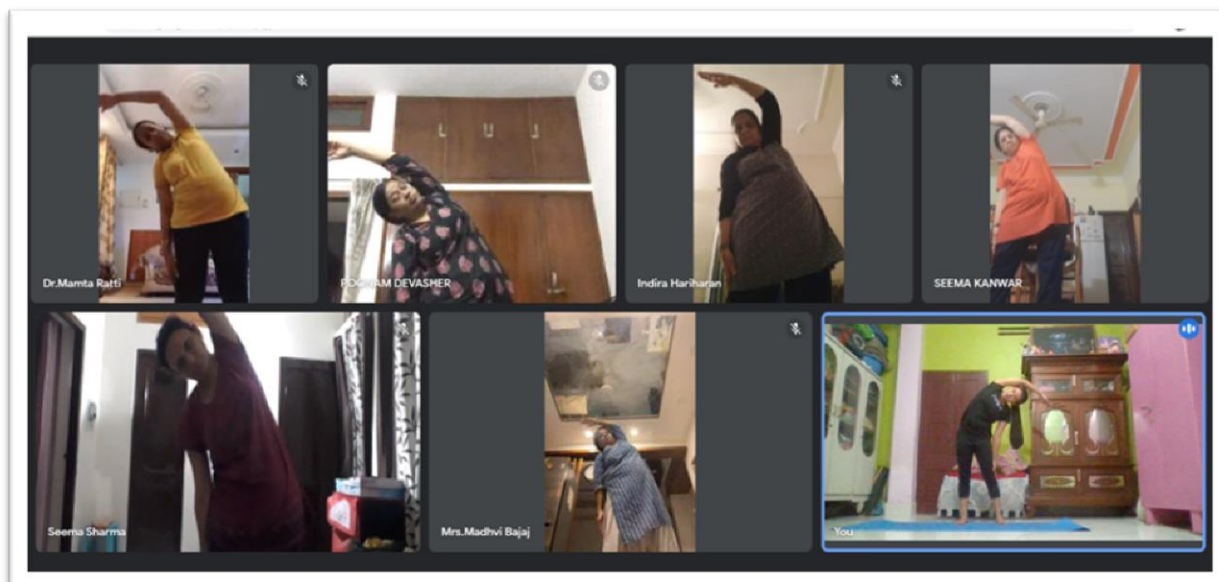
***Vakrasana and Setu Bhandhasana***



***Bhujangasana***

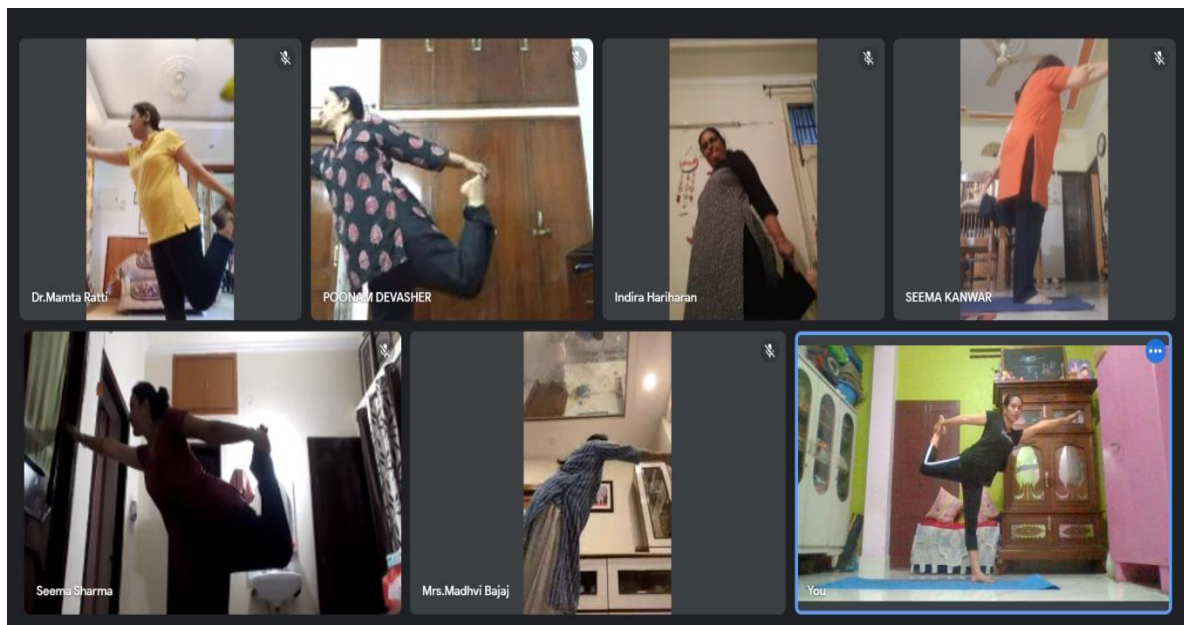
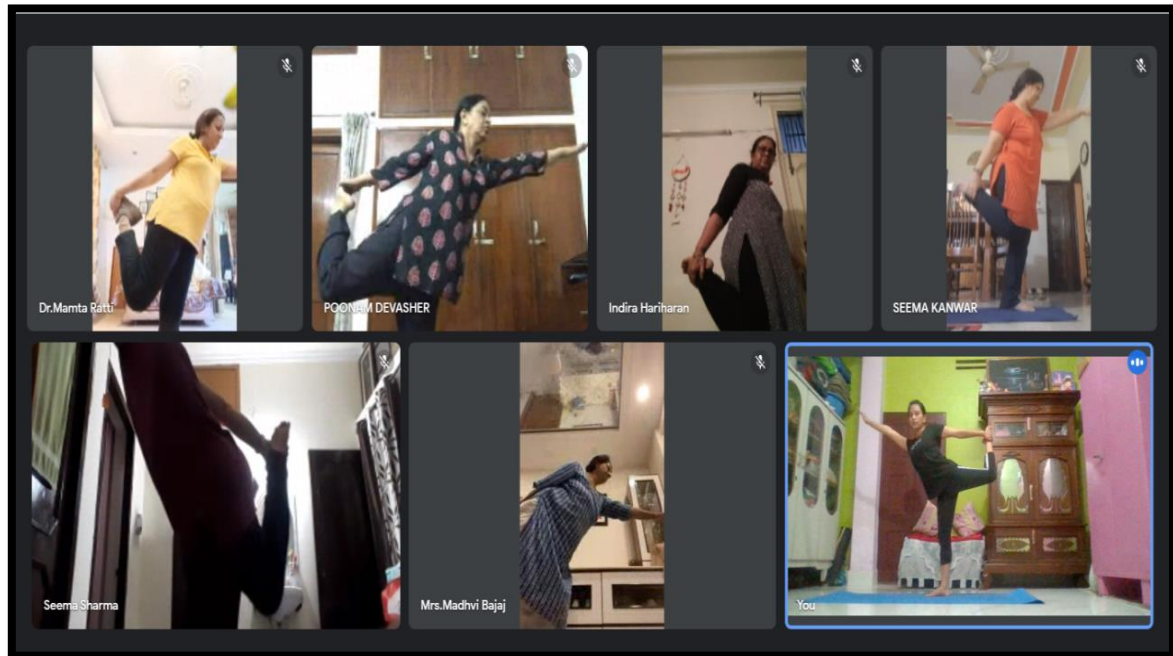
## *Faculty members participating in yoga session*

### *Dhanurasana*



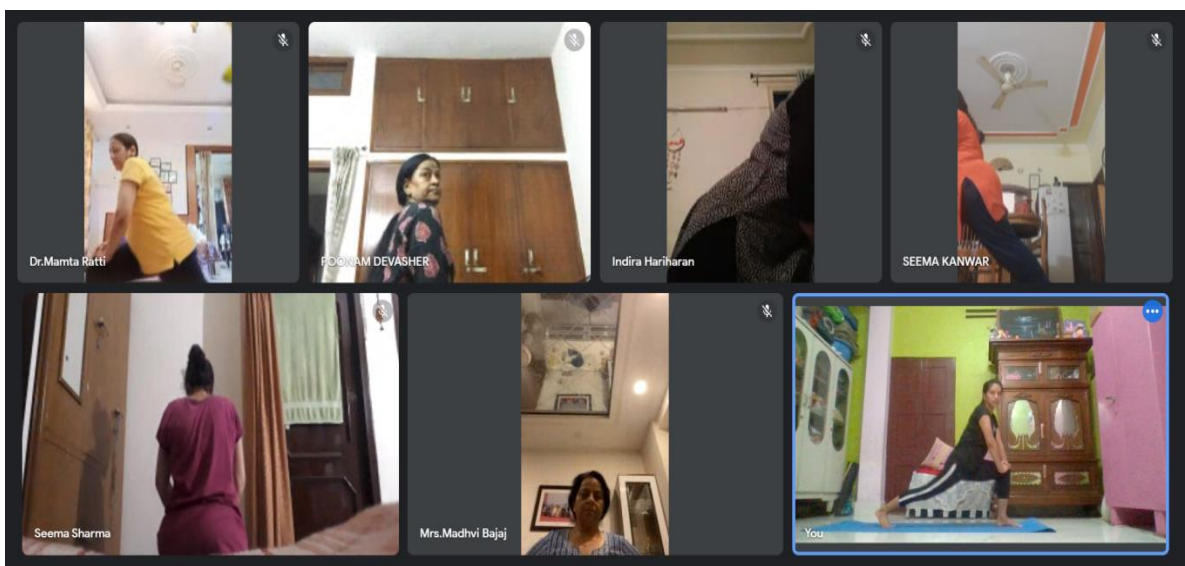
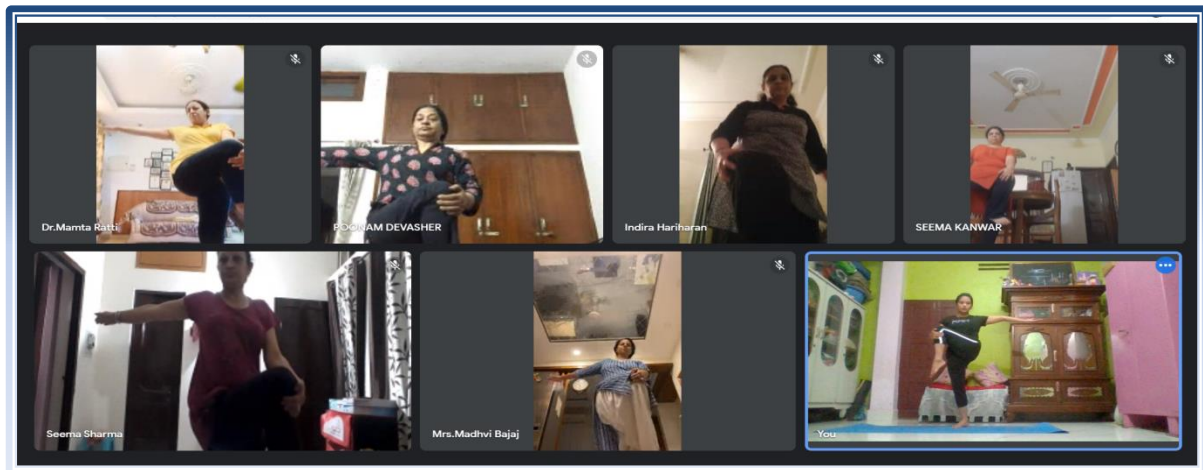
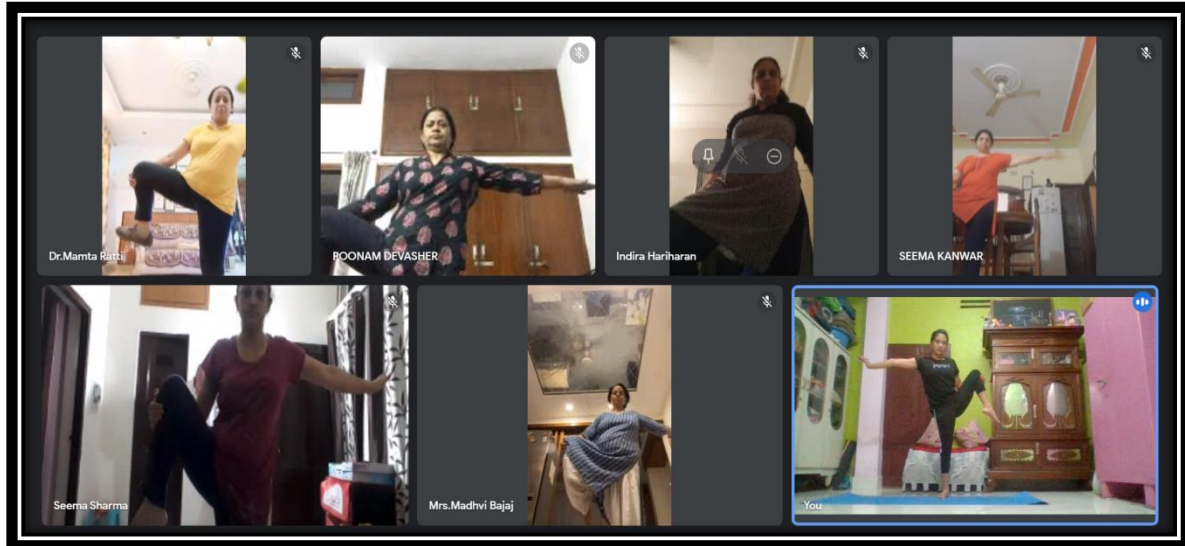
## ***Ardha Kati Chakrasana***

The faculty members performing yoga during the online session



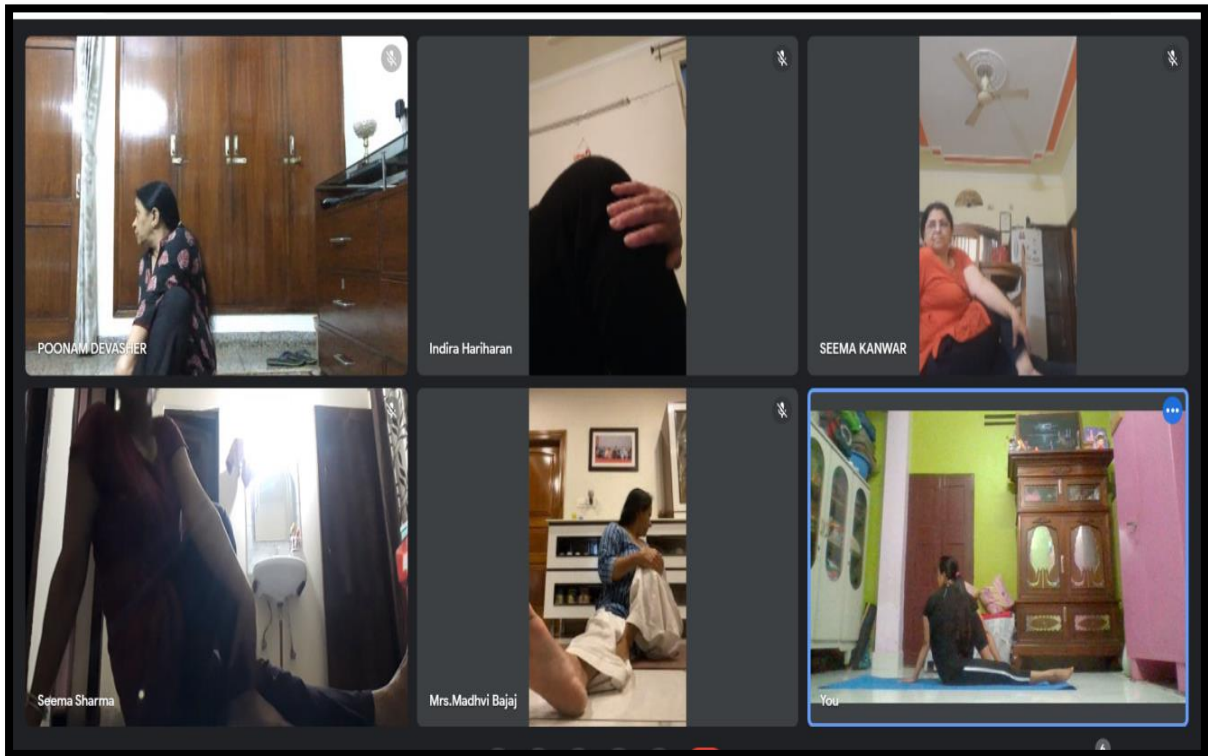


## *Faculty members performing Natarajasana*

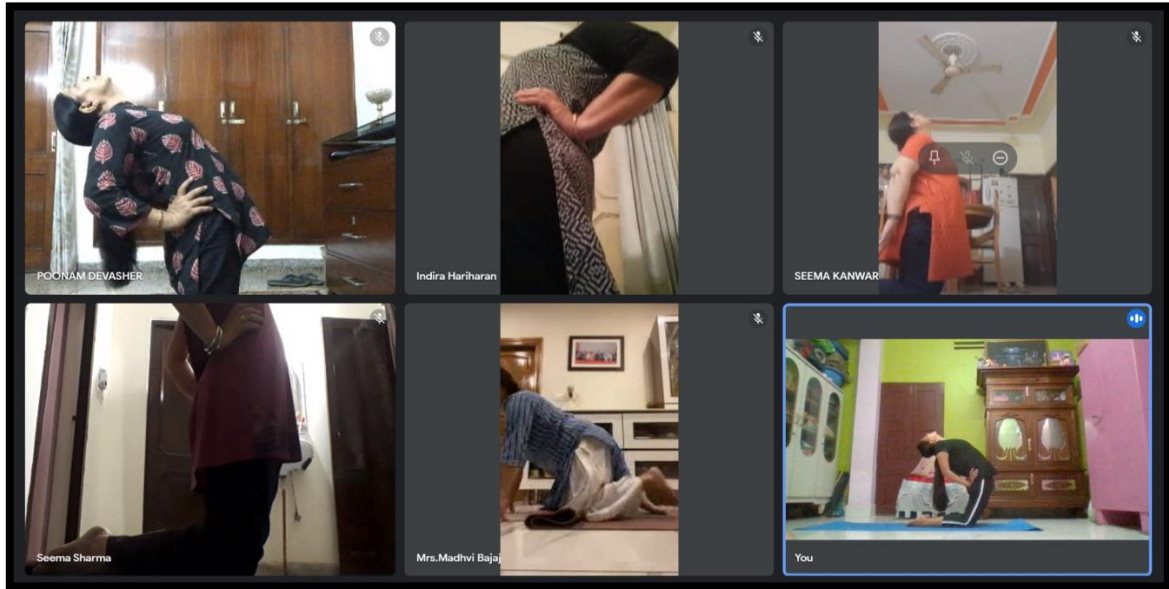




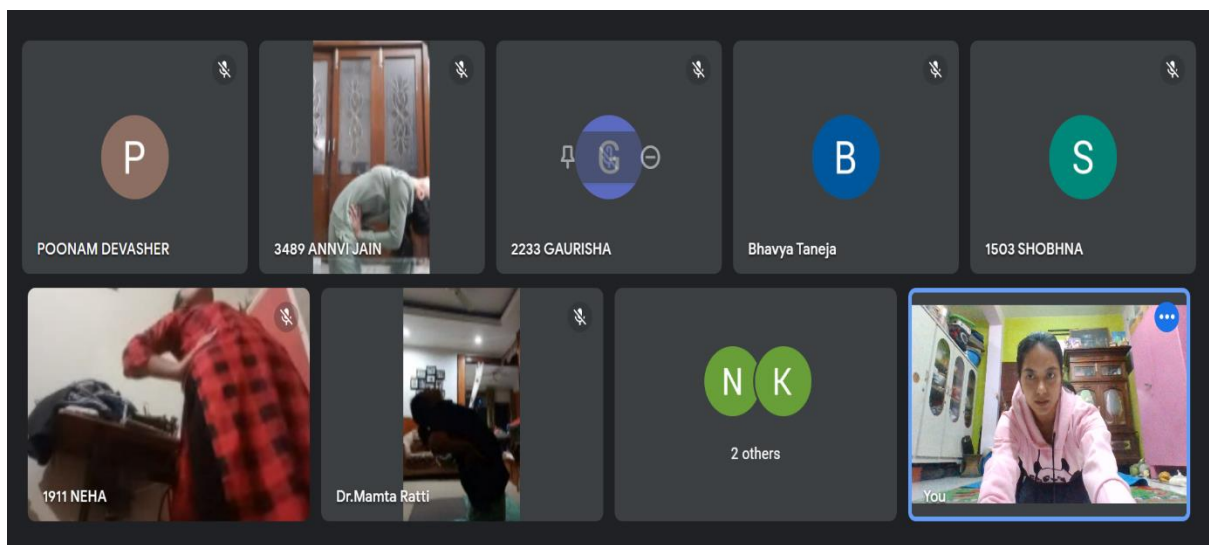
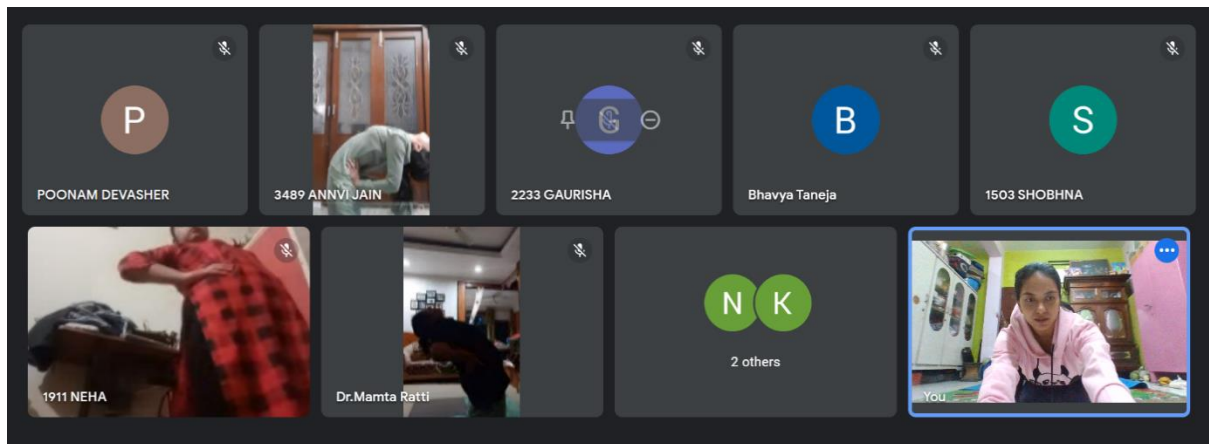
***Exercises includes Light Stretches and Forward Lunges***



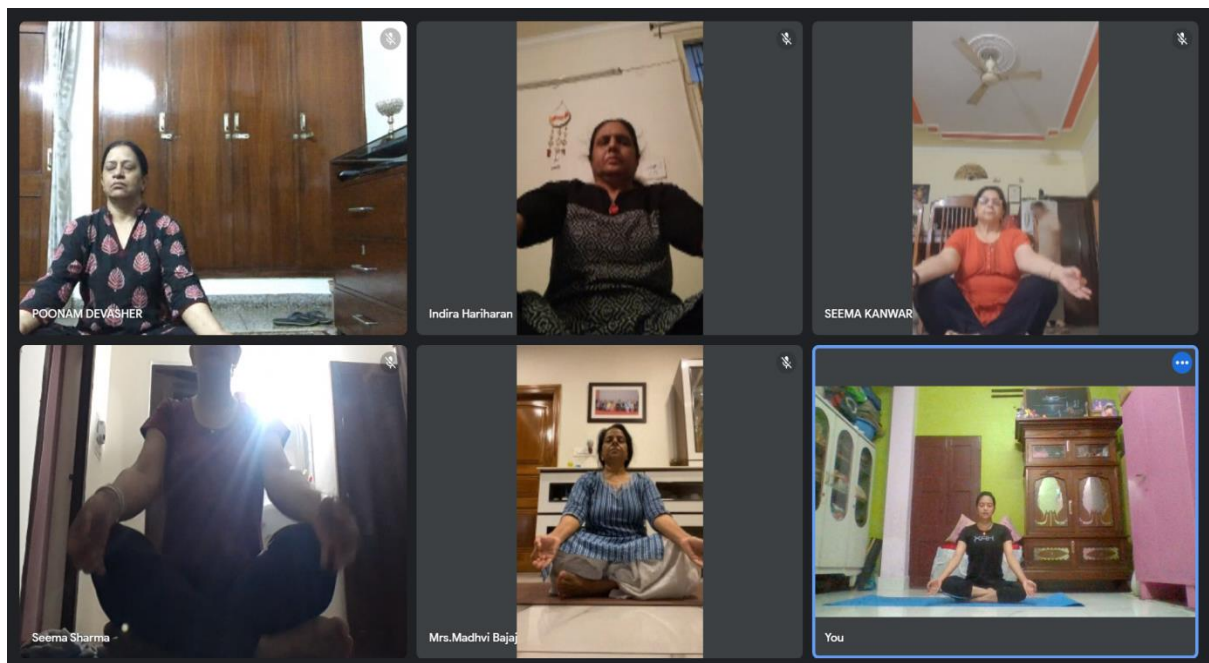
## Vakrasana







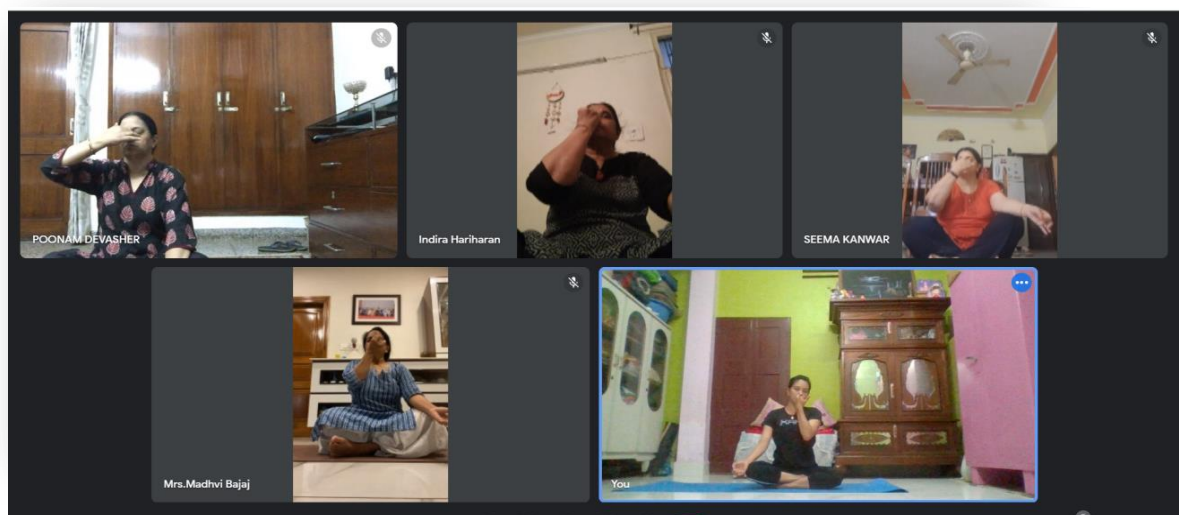
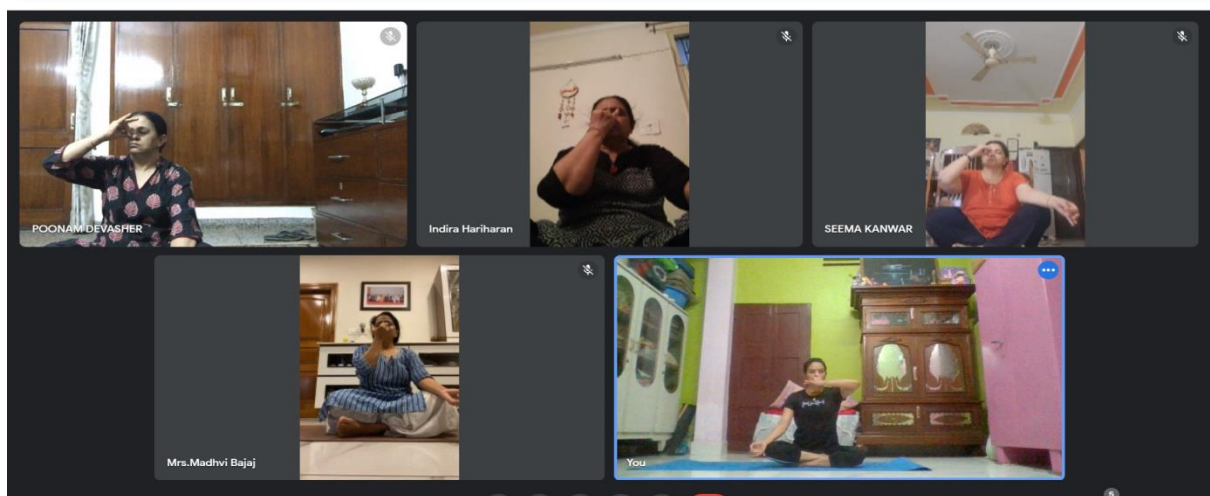
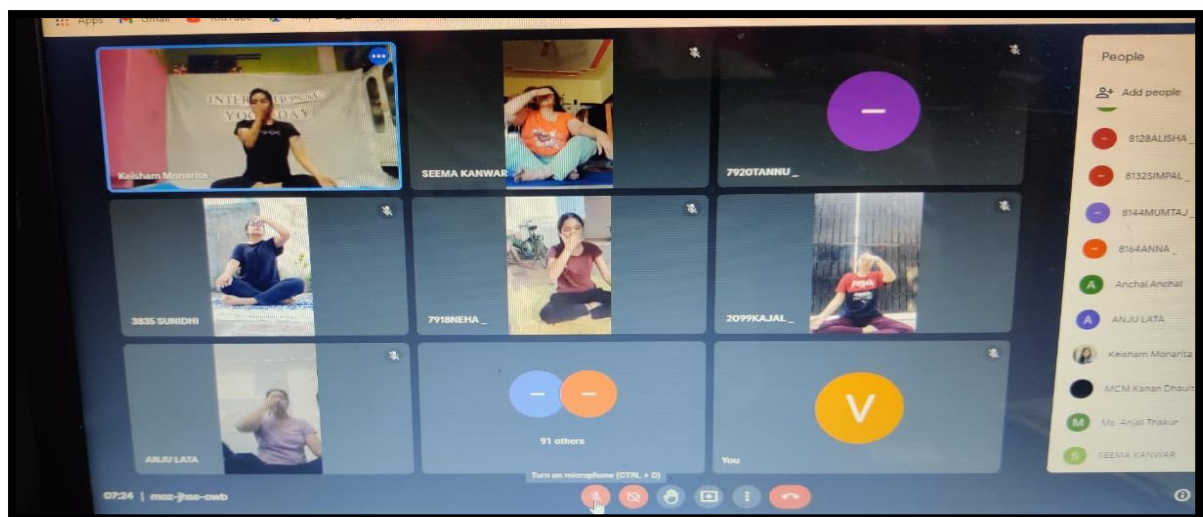
## Ardha Ustrasana



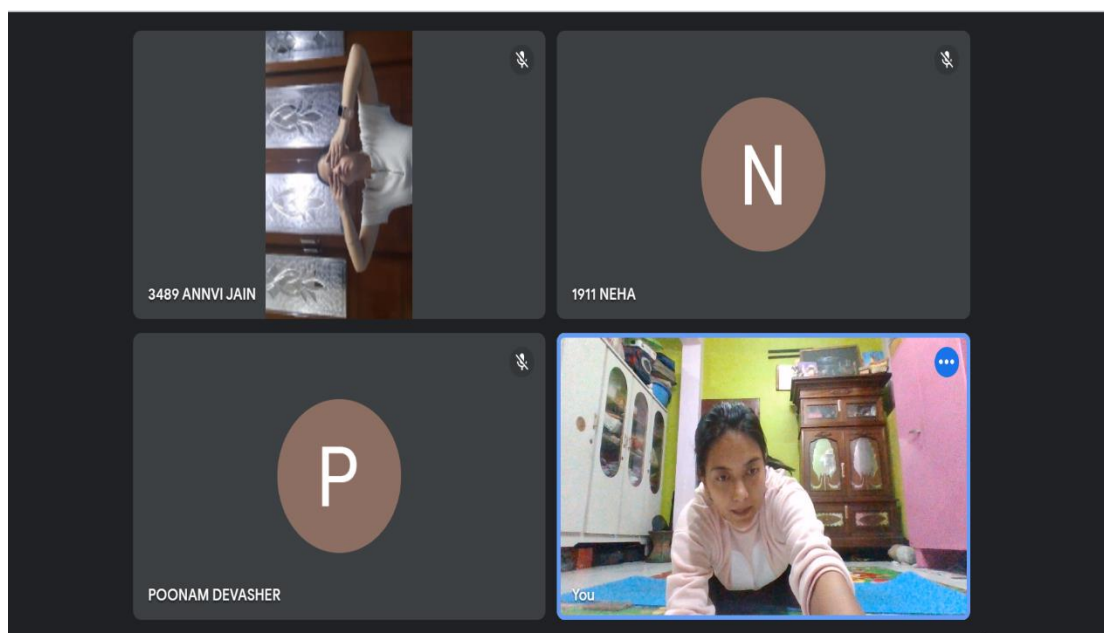
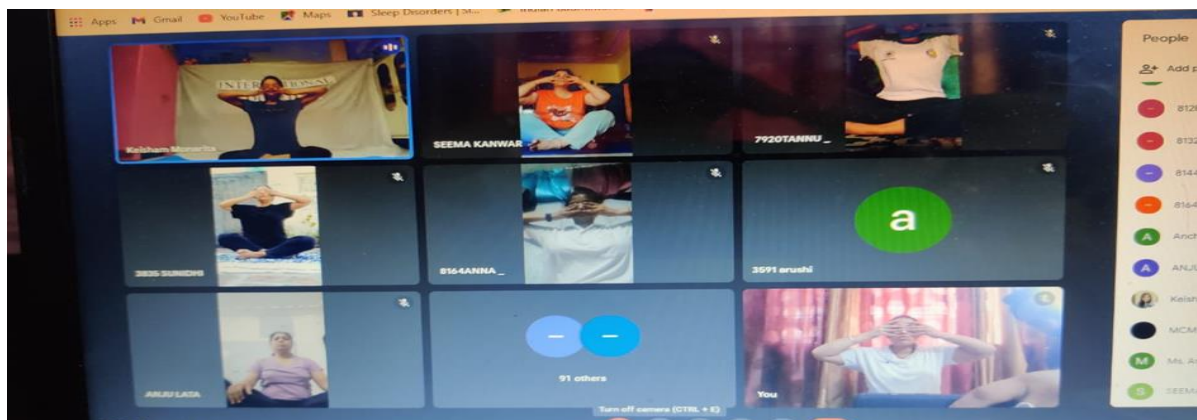
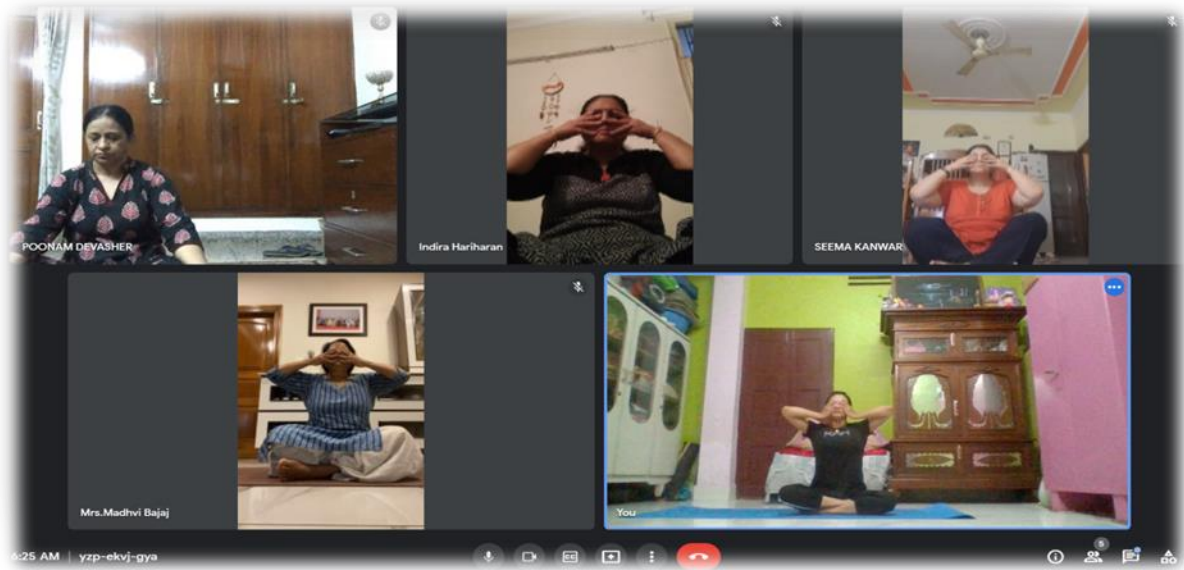


***Meditation in Sukhasana and Vajrasana pose***



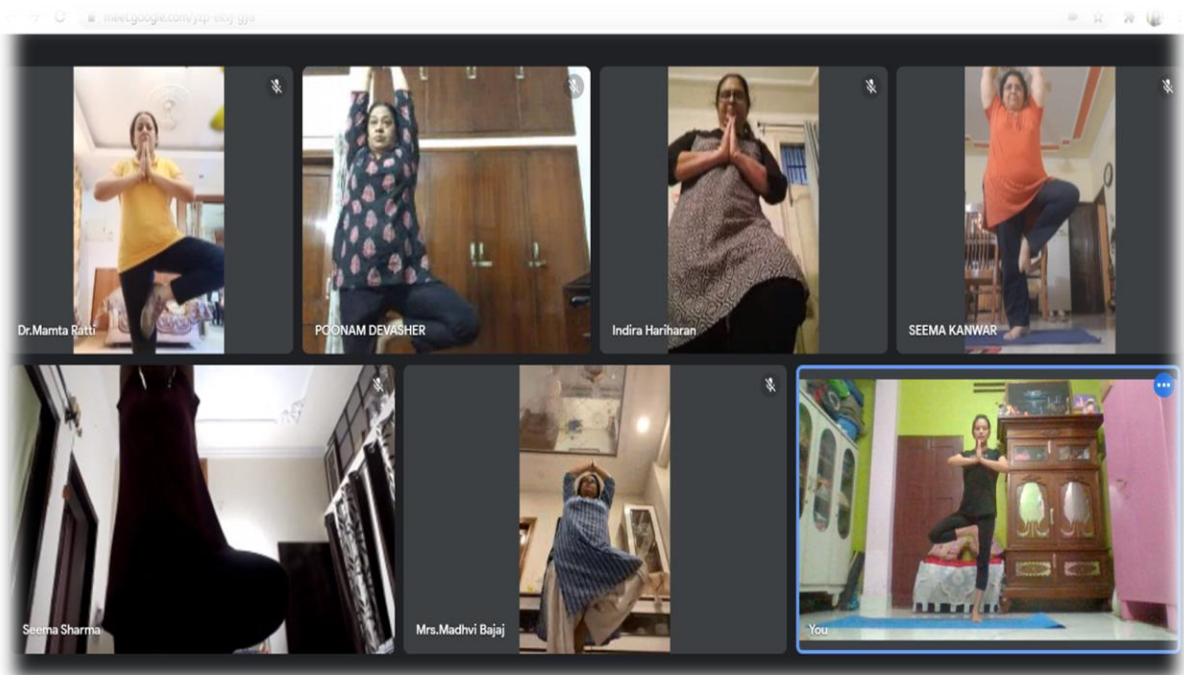
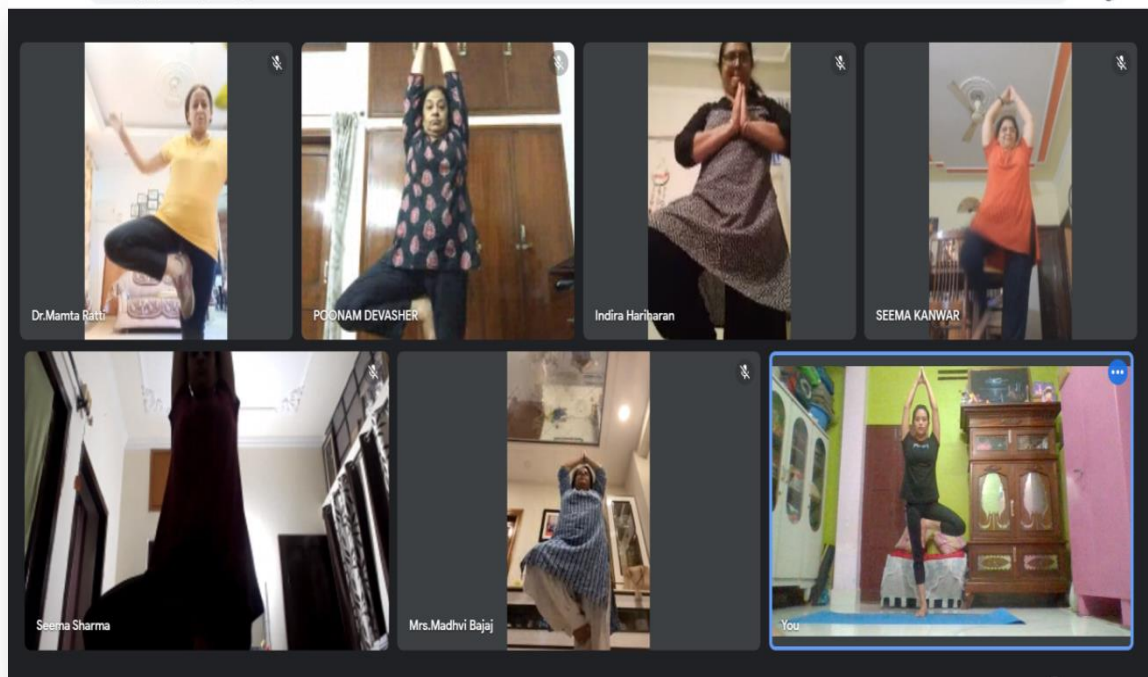


***Faculty members and students performing Anulom Vilom  
or Nadi Shodhana Pranayama***



**Bhramari Pranayama**



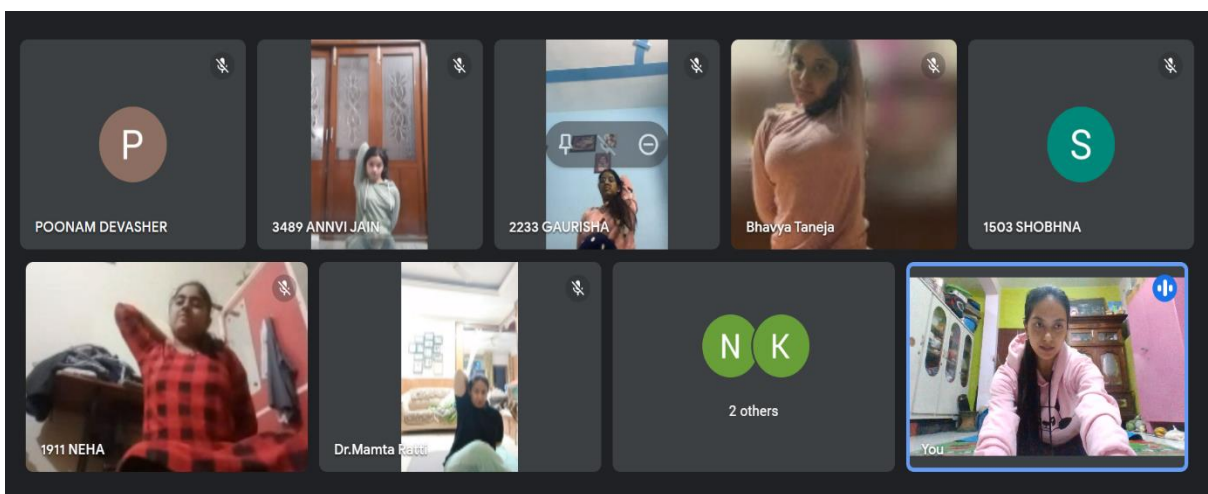
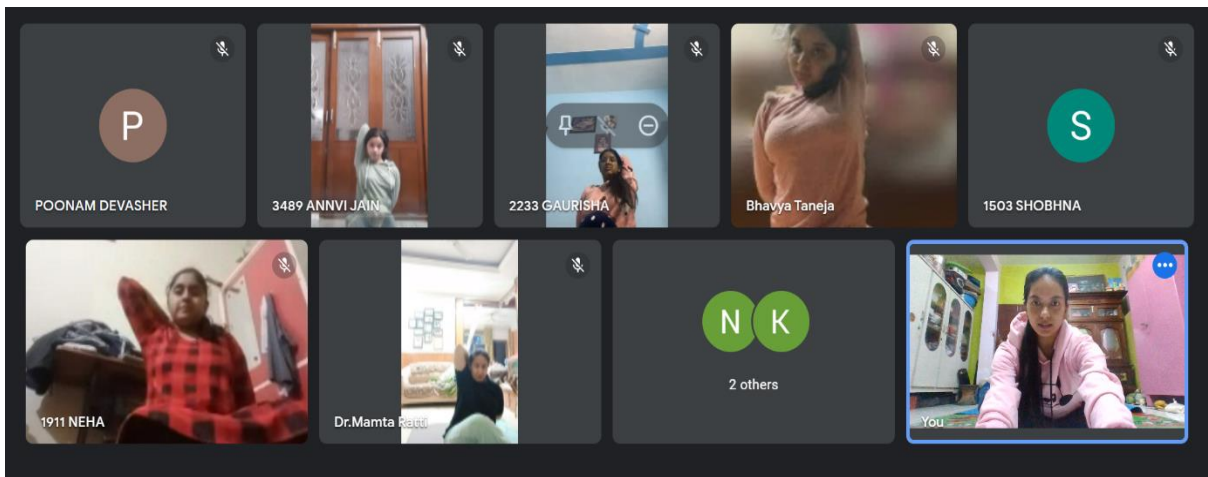


**Vrikshanana**



***Dhanurasana***





***Faculty and students performing Gomukhasana***



***Anulom Vilom or Nadi Sodhana pranayama***



***Tadasana***

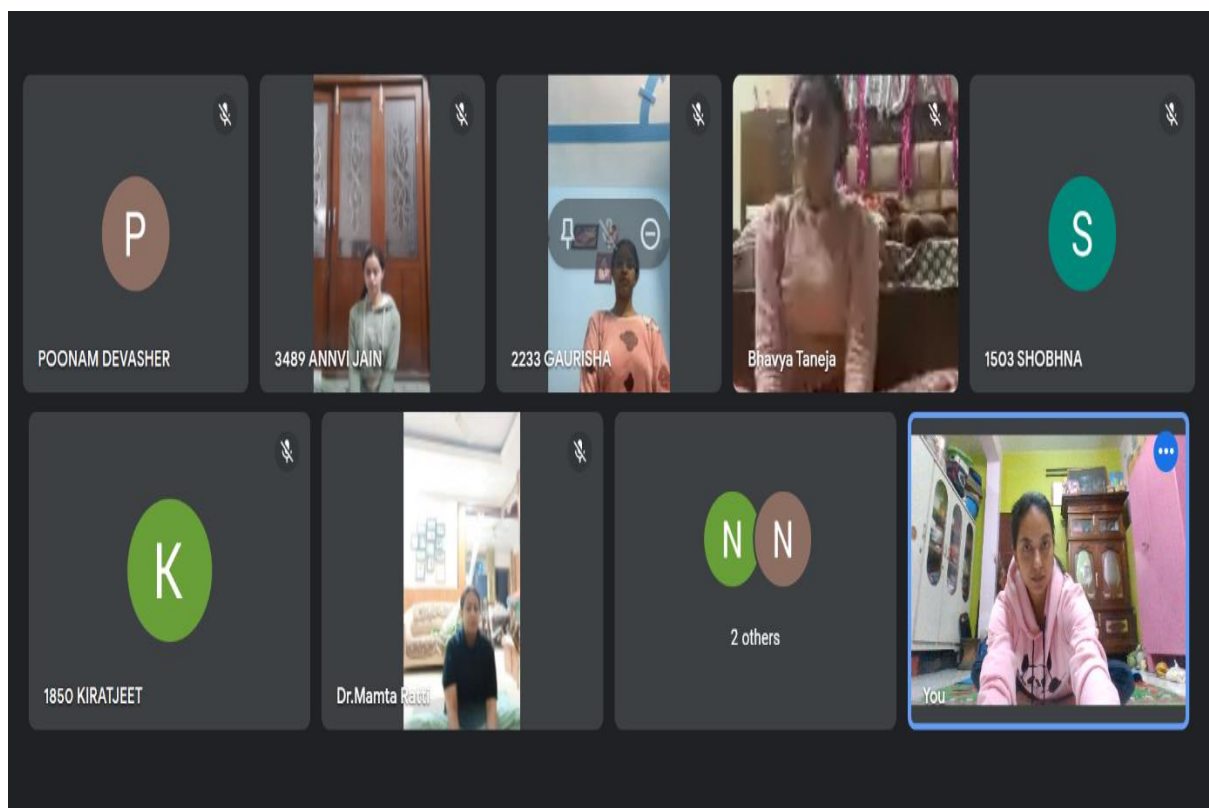
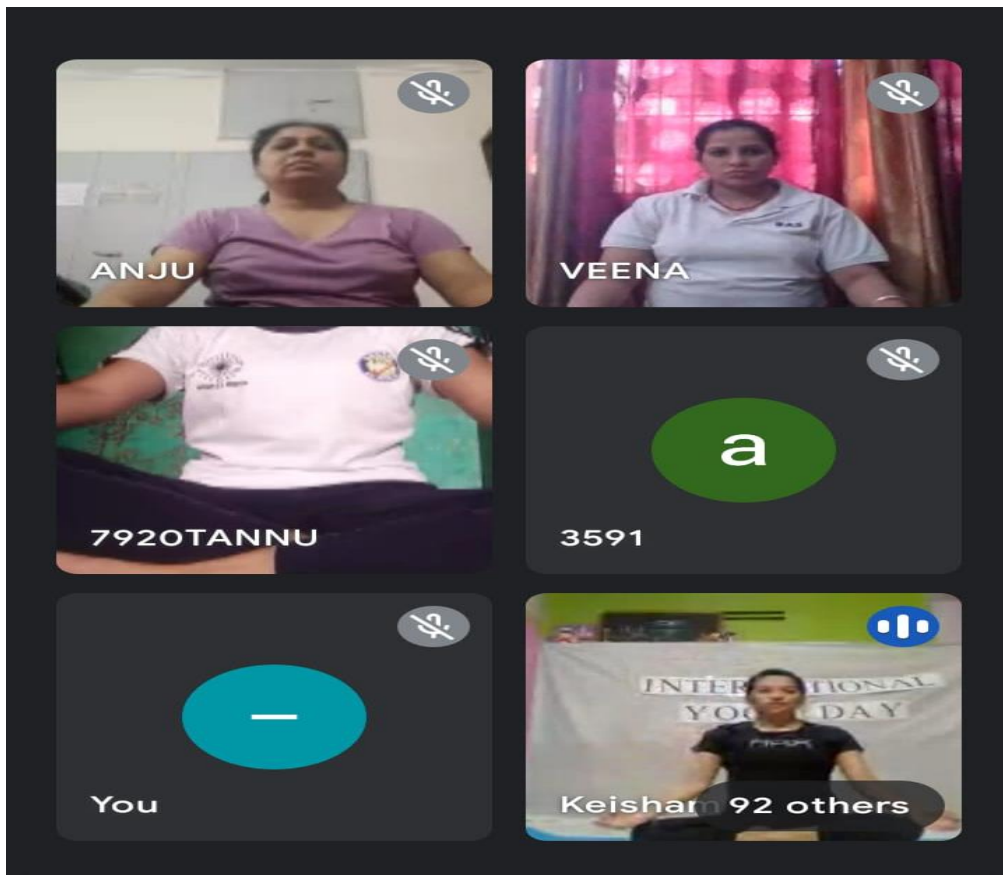




***Ardha Ustrasana and Ustrasana***

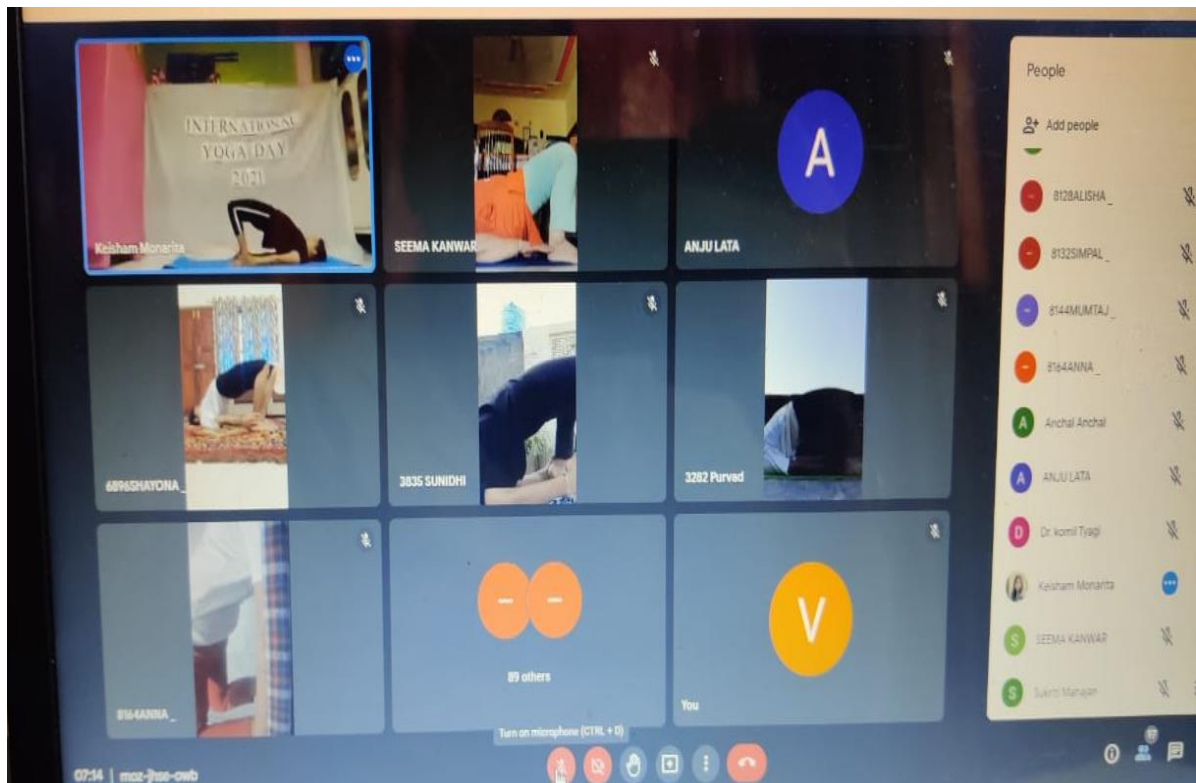


***Trataka***

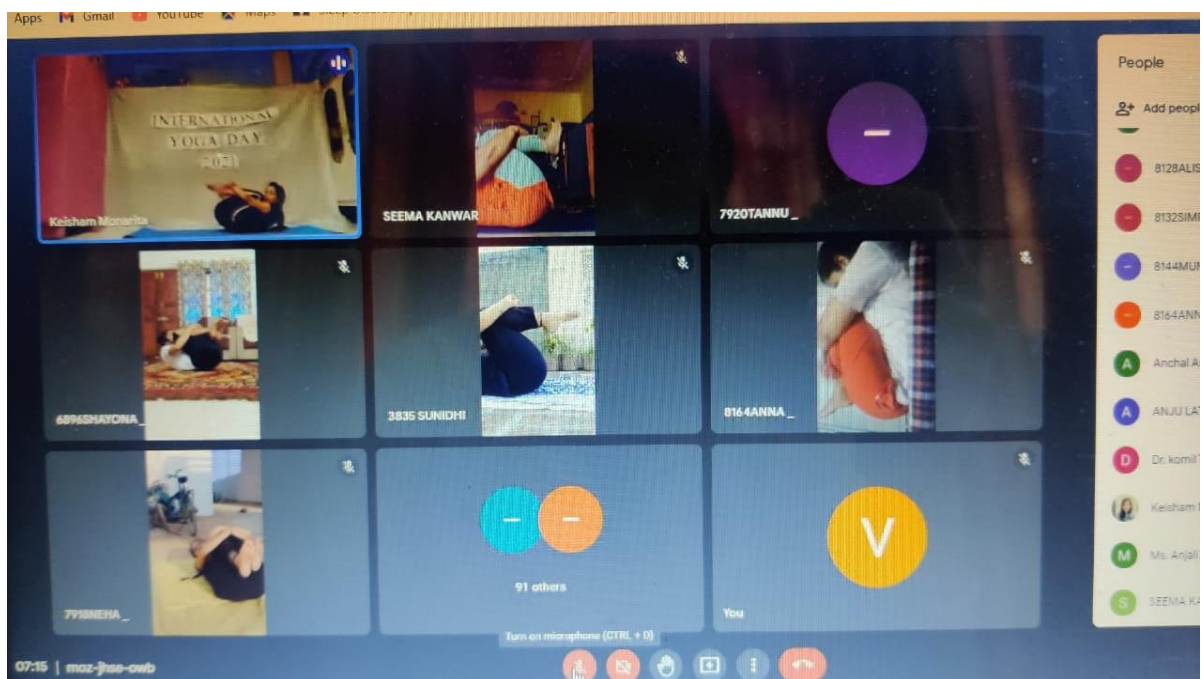


***Ujjayi Pranayama***

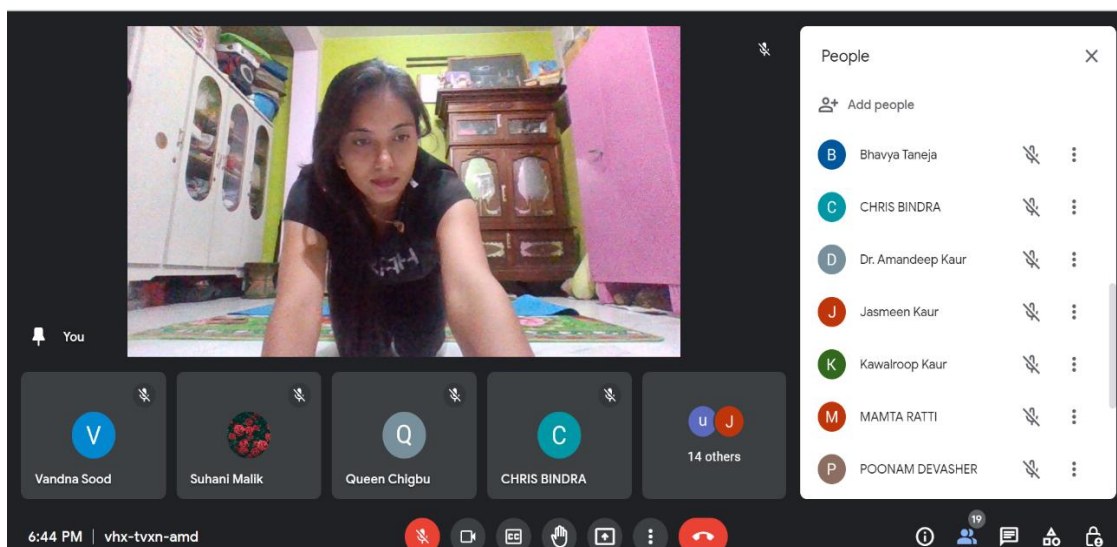
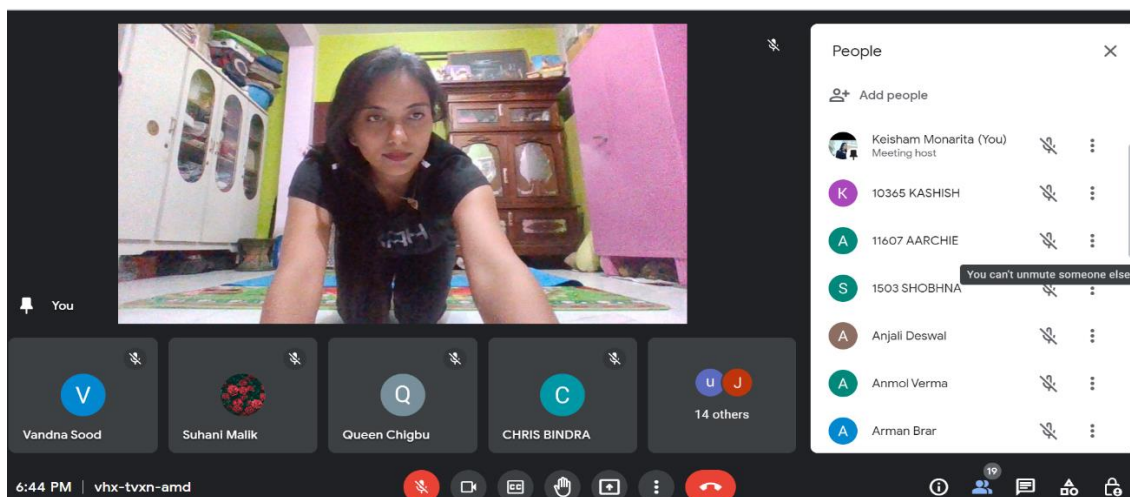
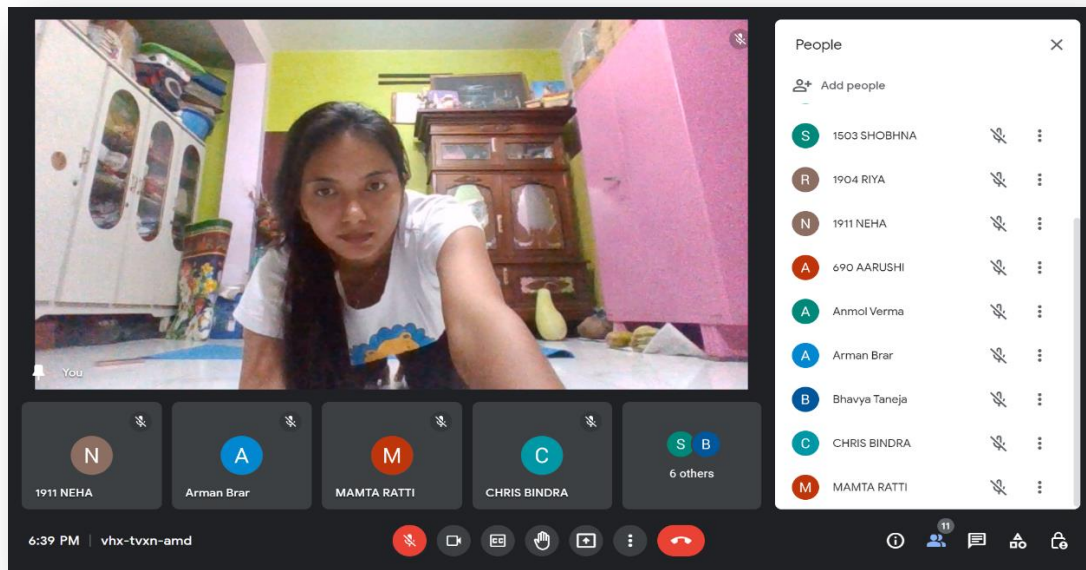




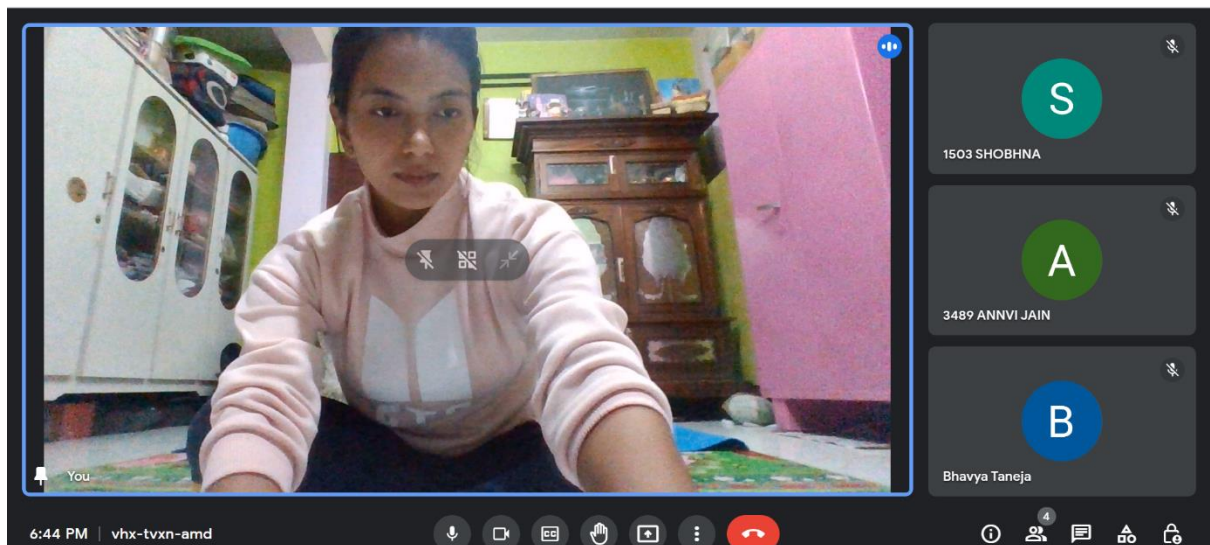
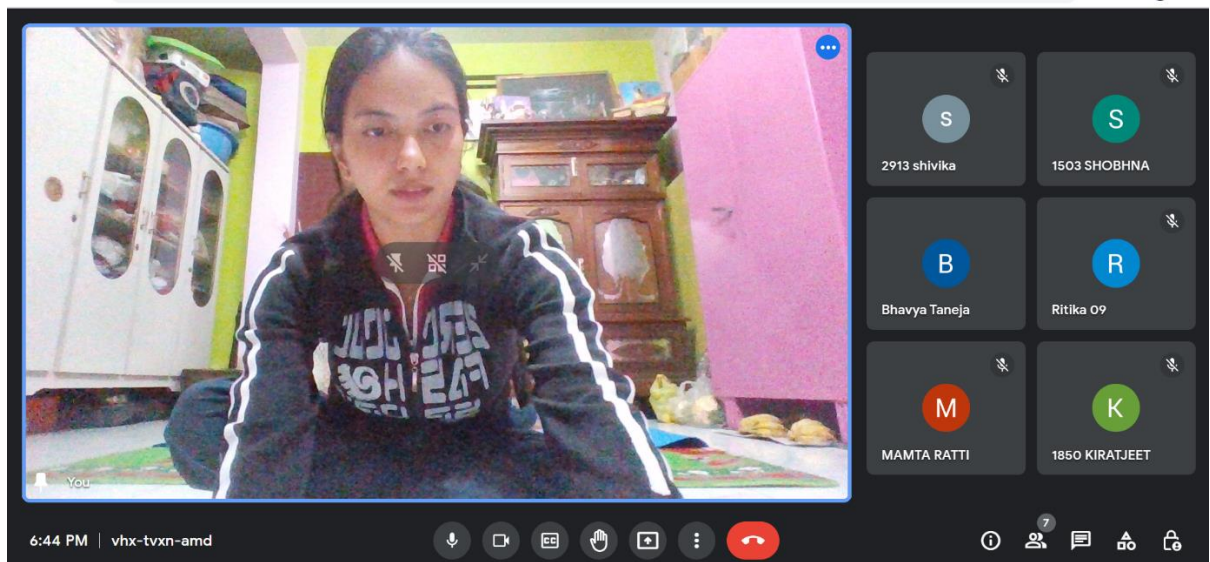
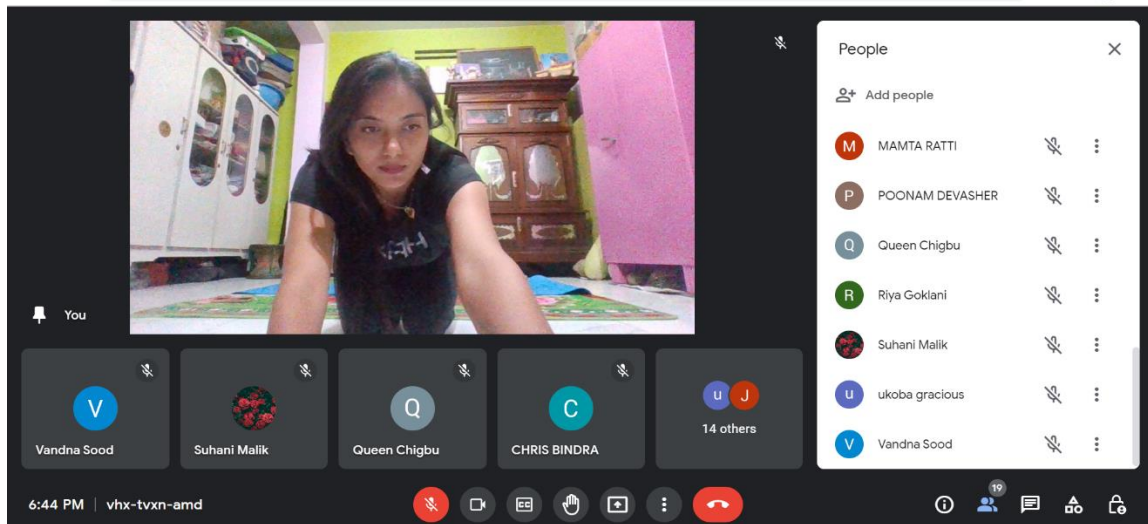
## ***Setu Bandhasana***



## ***Pawanmuktasana***











I am glad to have been a part of this wonderful programme. It would not have been possible without the enthusiastic zeal of the participants. I would also like to honour the madam Principal Dr. Nisha Bhargava and the Department of Physical Education of the college for taking up such an effective programme for promoting health, wellness and active lifestyle among the faculties.

- Keisham Monarita