

## **YOGA AS PART OF ACADEMICS @ SAMBHRAM**

With the aim of transforming body, mind and soul to facilitate the best education, girl students of Sambhram Group of Institutions observed INTERNATIONAL DAY OF YOGA on June 21, 2016 @ 6.30 hours in the campus premises ably guided by Mrs. Swarnalata, Mrs. Thanuja and Dr Namita Kumari. The students know they can better concentrate in their studies and lead a perfect life provided they regularly practice yoga; it was lauded by Prof Mishra that it's because of the lead taken by our Prime Minister Mr. Narendra Modi on December 11, 2014 the UN General Assembly resolved and declared June 21 as the International Day of Yoga and is celebrated on this day every year across the globe. On this day knowledge of yoga descended from Lord Shiva to his disciples for which June 21 is Birthday of Yoga.

At the outset the program started with prayer and then Mass Surya Namaskara was conducted by students of Sambhram Girls Hostel followed by various asanas like: a) Sitting Postures: Paschimotrasana, Ustrasana, Shasankasana; Standing Postures: Ardhakatichasana, Chakrasana, Padahasthasana, Paribritatrikonasana; Prone Postures: Bhujangasana and Supine Postures: Sarvangasana, Halasana and Chakrasana. The Pranayamas with Mudra practiced were: Bhastrika, Kapalabhati and Anuloma – Viloma. Then the participants had undergone Meditation for five minutes feeling the pulse of the whole exercise and in a subtle state of mind.

It was noteworthy they practiced Surya Namaskara, salutation to the Sun God for sustaining life on this planet; this improves circulation of blood, maintains perfect health and from head to toe every part of the body is greatly benefitted which is why all yoga experts recommend Surya Namaskara. Mrs. Thanuja spoke about the benefits for women as: keeping shape of the body by stretching the abdominal muscles naturally, help lose extra fat on belly by stimulating sluggish glands like the thyroid gland (which has a big effect on our weight) to increase hormonal secretions; regularly practicing can regulate irregular menstrual cycles among women and also ensure an easy childbirth. It also helps in bringing back the glow on one's face preventing onset of wrinkles and making it ageless and radiant. Surya Namaskara is an excellent cardiovascular workout and a good way to lose weight. In response to the clarion call of our National Government all educational institutions did observe this day and Sambhram Girls Students joined their fraternity in doing so. The entire program was spearheaded by Prof Mishra, Director of Sambhram School of Management and coordinated by Ms. Sanjana, the warden of the hostel.