

Report on Yoga Camp

26th February -28th February, 2019

Yoga is an ancient art for building up healthy mind. The concept of yoga indicates the connection of human soul to supreme power. The **role of yoga in education** as per the spiritual aspect helps the students to perform their daily duties in the day to day lives. It enhances the self-realization or self-awareness. It unfolds mental and spiritual attributes. It enhances the will power. Not only the spiritual upliftment is there but a lot of physical benefit a student can get from yoga. Nowadays stress is a great challenge before the students and yoga has a great role to reduce stress. Medical science always says that stress is the fundamental factor behind every disease. Stress plays a negative role in human body. Due to stress students could not perform in better way. So yoga helps in establishing a positive impact on students during education. Feeling the importance of yoga and its positive impact on students Mathabhanga college with the help of NSS organized a yoga camp for three days. On 26th February the camp had been inaugurated by the Teacher-in-Charge, Dr. Sulagna Datta. In her inauguration speech she spoke about the importance of yoga in education system. She said that it is a natural part of education. In the ancient time yoga was a part of education system in 'Bharatiya sansker'. So she said 'we should make out the incredible importance of yoga in our education'. **Hatha Yogi Vivek Sinha Sarkar** was the trainer of our program. He trained Pranayama, Surya Namaskar, Dandasana, Baddha Konasana, Dhanurasana, Shavasana, Halasana, Malasana, Matsasana, Sarvangasan, Ustrasana, Sirsasana, Bhujangasana, Paschimottanasana, Ardha Matsyendrasana, Chakrasana, Dhanurasana, Simhasana, Trikonasana, Naukasana, Ardha Kapotasana, Gomukhasana, Marjariasana, etc. to our students. Dr. Amit Kundu, convener, IQAC, said that this type of program is much more important to have a balance between mind and body of any person. He also said that balance of mind is required to have a control of our internal and outward activity. Hatha Yogi Vivek Sinha trained our students very efficiently. Students enjoyed the program. They learned a lot. They were mostly benefited by our three days camp. Students were provided certificates. At the valedictory speech Dr. S.K.Jha motivated the students for the future. He mentioned that in Channai there is a professional course. Students can get that opportunity. After the valedictory speech by the Teacher-In-Charge the camp was closed.

IQAC: Dr. Amit Kundu (Convener)













