

ARPAN mLAC Alumni Association (R) YOGA SESSION

Yoga, Sanskrit for "yoking" or "union", is a group of physical, mental, and spiritual practices or disciplines that originated in ancient India, aimed at controlling and stilling the mind, and recognizing the detached 'witness-consciousness' as untouched by the activities of the mind and mundane suffering. There are a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism, and traditional forms and modern methods of yoga are practiced worldwide.

Resource Person: Shraddha, Certified Yoga Teacher & founder of Being Yogic - Online Studio. She first found yoga in 2017 and the physicality of the practice caught her interest right away! She completed my certification in Yoga from S-VAYSA, in May 2020.

Soon after becoming a professional Yoga teacher, I thought about spreading the light of yoga to others. Lockdown being in the picture, I started an Online Yoga Studio, since then, Being Yogic has never stopped said Shraddha.

Date : 05-06-2021

Outcome: The sessions were held every Sunday for a month in order to aid the participants to build their healthy life and immunity through various hasna and breathing exercises by the online platform (youtube live). The sessions were held around 10:00 am with empty stomach. This session was conducted by the B.voc Alumni of the college Ms. Shraddha to all the mlac students, alumni, faculty and General public The session has a positive feedback for the session and also an affirmative response for conducting another session.

Youtube link:

<https://www.youtube.com/watch?v=Tj1DTOfCOBk&t=2926s>

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