



**Govt. Degree College**

**Theog (H.P.)**

**Activity 3.6 One day Yoga-Session and Seminar**

**Date** – 10-03-2025

**Organiser**- Women Cell Government College Theog in collaboration with Department of Physical Education.

**Participants** – 90 girl students

**Resource Person**- Mr. Vikrant Gautam

**Demonstrator** - Sakshi

**Overview**- On 10<sup>th</sup> March 2025, one-day yoga session and seminar was organised for female students at our college. The goal of this session was to empower women by promoting physical fitness, mental well-being, and stress relief through yoga. The session began with the brief introduction by the resource person, who explained the importance of yoga for women's health. Sir also highlighted the benefits of yoga such as improved flexibility, reduced stress and enhanced emotional balance.

The session included a series of asana that were specifically chosen to address common concerns among women such as lower back pain, menstrual pain, hormonal imbalances, and stress. The demonstrator showcased few asana poses like *Surya Namaskara*, *Vajara asana*, *Hal asana*, *Chakra asana*, *Vriksha Asana* etc. Throughout the session, the instructor ensured that everyone felt comfortable and confident in their practice. The session concluded with a peaceful meditation and deep breathing exercises.

After Yoga Session seminar was conducted where Professor Vikrant Gautam enlightened students about the physical, mental, and emotional benefits of yoga for

women. Sir motivated students to incorporate yoga into daily life for stress relief and physical wellness.





## **Objectives**

1. To enhance concentration, focus, and cognitive function to boost mental stability and productivity.
2. To promote emotional well-being by using yoga as a tool to cultivate mindfulness, manage anxiety and mental stress.
3. Build confidence and self-awareness, encouraging a sense of empowerment and self-care through the practice of yoga

4. To encourage students to adopt a holistic approach to health that includes regular physical activity mindful eating, and adequate rest.

## **Conclusion**

The one-day yoga session was successful in meeting its objective, helping students de-stress, improve flexibility, and find balance both physically and mentally. The students were able to experience the calming effects of yoga and many expressed interest in attending future sessions or incorporating yoga in to their daily routines. The resource person and demonstrator did an excellent job of creating a welcoming and supportive environment allowing students to participate actively. Students were interested in attending more such sessions in future focussing specifically on stress management techniques during exams.