

REPORT OF THE PROJECT

Title of the Project: Yoga for the Body and the Mind

Theme of the Project:

The Department of Commerce, Dhruba Chand Halder College entrusted a project to the students of the 4th Semester (Honours and General), 2021-22. The title of the project was "Yoga for the Body and the Mind".

This project was an effort to raise awareness on the utility of Yoga among the students of the Department of Commerce. Yoga, as we all know, is a physical, mental and spiritual practice that originated in ancient India. It was first codified by the sage Patanjali in his Yoga Sutras. The word yoga is derived from the Sanskrit root *yuj*, meaning "to yoke," or "to unite". The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness. Such a union tends to neutralize ego-driven thoughts and behaviours, creating a sense of spiritual awakening. Yoga has been practiced for thousands of years, and whilst many different interpretations and styles have been developed, most tend to agree that the ultimate goal of yoga is to achieve liberation from suffering.

The teachers of the department demonstrated 15 basic Yoga postures to the students and the students, mostly novice in the practice, tried to emulate them. Each *Asana* was practiced thrice along with the teachers. When all students seriously practiced the *Asanas* along with the teachers, they had an in-depth practical experience of the relaxation that the practice can bring about. The

practice brings mental control of the self besides increasing strength and flexibility.

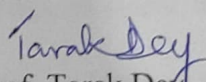
Outcome of the Project:

The project was appreciated by all participants and was a huge success. About 45 students of the B. Com 4th Semester (Honours and General) enrolled and participated in the event. The event gave a practical exposure to the students about Yoga and the experience was very enriching. The students immediately realised the value of Yoga in modern lives and promised to continue the practice lifelong. They also took photographs of various yoga poses from the internet and made a Yoga practice chart for personal reference.

Most students openly asked about the benefits that each *Asana* can bring about and also cleared their doubts during the event. The teachers were also very happy to see active participation from all participants. The project was a grand success and its impact was noticeable.

Dr. Satyabrata Sahoo

Principal


Prof. Tarak Dey

Project Coordinator & Head

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