

09 May, 2019

NOTICE

This is to inform the Jagannath University is organizing “**Benefit of Yoga for Women**” On 11th- 18th May, 2019. All Faculty members, students and other staff members who wish to volunteer for the event may join by registering their name to the undersigned.

Date: 11th- 18th May, 2019

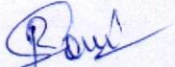
Venue: Jagannath University Campus

Time: 10:30 AM Onwards

Copy for information and necessary action to:

1. P.S to Chairperson, President
2. Coordinators
3. All the Staff Members through E-Mail
4. All the Students through Website




DEAN
STUDENT WELFARE
JAGANNATH UNIVERSITY, JAIPUR

(Dr. Ranjeeta Soni)

Dean Student welfare

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**REPORT ON
SEVEN DAYS WORKSHOP
ON
BENEFIT OF YOGA FOR WOMEN
(11 -18 May, 2019)**

Yoga is a spiritual science of self-realization. It comes from India and goes back over five thousand of years. The Indian sage Patanjali, in his yoga sutra defines yoga as the control of the activities of the mind; yoga methods encompass the entire field of our existence, from the physical, emotional and mental to the spiritual. Its methods include ethical disciplines, physical postures, breath control, as well as meditation. Yoga is an ancient system developed over the centuries by the Sages of India. Yoga is a system of training of mind, body and spirit for purification of soul and attaining oneness with the supreme consciousness. The goal of yoga is to calm the mind, ensure better co-ordination of mind and body so that we live a healthy life and experience spiritual growth. Today's woman is much more than her traditional role of a housewife, a mother or a daughter. Her extended roles that foray beyond her four walls, she plays an equal role in the decisions of socioeconomic and political life she leads. She is a multi-faceted, dynamic and uniquely influential part of our society and is forever striving for perfection in every aspect of life.

Keeping in mind the changing needs of women at every age and to develop and transform the girl students and women faculties , JaganNath University, Jaipur as a part of executing its responsibility towards the society as a whole, organized a Seven-Day Workshop for University girl students & female teachers with the prime objective of developing and bringing balance & harmony in their lives. The Seven days workshop was successfully organized between 11-18 May, 2019 at the University Campus under the patronage of honorable President Prof. M.M. Goel and was graced by the Resource Persons Yogacharya Hemant Goswami & Yogacharya Megh Singh Chouhan. Besides, Mr. Tanmay Pattnayak (Registrar) , Dr. Vaishali Sharma (Director IQAC & Head of Women Development Cell) & Deans/Heads of various also attended the inaugural session with the formal vote of thanks offered by Dr. Vaishali Sharma. Immediately after the inaugural session, Yogacharya Hemant Goswami addressed the



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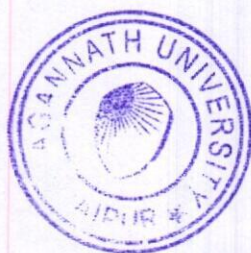
participants on the theme 'Benefits of Yoga for Women' in the first session. To begin with, he presented Yoga as a system of training of mind, body and spirit for purification of soul and attaining oneness with the supreme consciousness. He said that the goal of yoga is to calm the mind, ensure better co-ordination of mind and body so that we live a healthy life and experience spiritual growth.

Yogacharya Megh Singh Chouhan also addressed the audience and emphasizes that Yoga *asanas* prove to be very beneficial for women provided they do the right *asanas* in the right way. The yogic *asanas*, in fact, work in such a way that supports the basic systems of the body and boosts the immune system as well.

The Seven day Yoga Workshop sessions were taken by Yogacharya Hemant Goswami & Yogacharya Megh Singh Chouhan where the girl students and women faculties were taught simple basic Yoga *asanas* for their well being. Besides Pranayama and meditation the *asanas* taught & practiced during the workshop were :

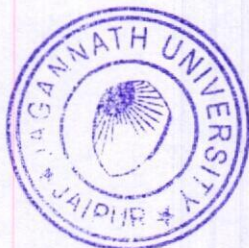
1. Tadasana (Mountain Pose)
2. Vrikshasana (Tree Pose)
3. Adho Mukho Svanasana (Downward Facing Dog Pose)
4. Trikonasana (Triangle Pose)
5. Kursiasana (Chair Pose)
6. Naukasana (Boat Pose)
7. Bhujangasana (Cobra Pose)
8. Paschimottanasana
9. Child's Pose
10. Sukhasna

There was also an interactive/ experience sharing session on the last day of the workshop during which participants raised their queries relating to Yoga and its practical benefits at large , which were answered to by Yogacharya Hemant Goswami & Yogacharya Megh Singh Chouhan was also found to be immensely beneficial for the participants.



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The certificate of the participation were given to the participants on the last day of the workshop by President Prof. M.M. Goel. Final vote of thanks was delivered by Ms Swati Chaturvedi. The program was coordinated by Dr. Shilpi Khandelwal.



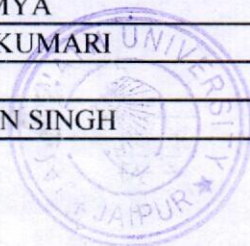
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Benefit of Yoga For Women 2018-19

S.No.	Course	Name of students	Sem
1	MBA	SHWETA BHARTI	II
2	MBA	YASHIKA SHARMA	II
3	MBA	ANSHIKA	II
4	MBA	NEHA	II
5	MBA	VARSHA	II
6	MBA	SHAMBHAVI	II
7	MBA	ALKA KUMARI	II
8	MBA	NEHA GURJAR	II
9	MBA	HEENA KHERA	II
10	BBA	VARSHA PAREEK	II
11	BBA	CHANCHAL KUMARI	II
12	B.ED	SAKSHI SARASWAT	II
13	B.ED	SANGEETA BAIRWA	II
14	B.ED	SHIMLA GUPTA	II
15	B.ED	ANURADHA MEENA	II
16	B.ED	ARADHANA SAXENA	II
17	B.ED	GANGA MEENA	II
18	B.ED	GEETU PALIWAL	II
19	B.ED	KAVITA MEENA	II
20	B.ED	KHELANTA MEENA	II
21	B.ED	KHELANTI MEENA	II
22	B.ED	LALITA MEENA	II
23	B.ED	LEKHA PRAJAPATI	II
24	B.ED	PINKI NAINIWAL	II
25	B.ED	POOJA PAREEK	II
26	B.ED	PRATIBHA SHARMA	II
27	B.ED	PRIYANKA JANGID	II
28	B.ED	RADHA CHKRADHARI	II
29	B.ED	ROOMALI MEENA	II
30	B.ED	SAROJ JHARWAR	II
31	B.ED	SAVITRI SAINI	II
32	B.ED	SEEMA CHOUDHARY	II
33	B.ED	SEEMA CHOUDHARY	II
34	B.ED	SEEMA GURJAR	II
35	B.ED	SHIVANI VIJAYVARGIYA	II
36	B.ED	SUMAN VAISHNAV	II
37	B.ED	SUNITA MEENA	II
38	B.ED	SUSHILA MEENA	II
39	B.ED	SUSHEELA SWAMI	II
40	B.sc. Ag.	C PALLAVI	II
41	B.sc. Ag.	K SAI MEGHANA	II
42	B.sc. Ag.	P RISHITHA	II
43	B.sc. Ag.	P SOWMYA	II
44	B.sc. Ag.	RICHU KUMARI	II
45	B.sc. Ag.	RINKU	II
46	B.sc. Ag.	SUMRAN SINGH	II

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Benefit of Yoga For Women 2018-19

S.No.	Course	Name of students	Sem
47	B.sc. Ag.	SWATI PRIYA	II
48	B.sc. Ag.	T AKSHITHA	II
49	BBA	VARSHA PAREEK	II
50	BBA	CHANCHAL KUMARI	II
51	BBA	PRITY KUMARI	II
52	BCA	JYOTSNA SINHA	II
53	BCA	MAMTA SHREE	II
54	B. Arch	SHAKSHI KHANDAL	II
55	B. Arch	SHEETAL BAID	II
56	B.Arch	SHARAVAN PURI	II



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Principal
Jagan Nath University, Jaipur