

Celebration of International Yoga Day on June 21,2022 at N . L. Dalmia Institute Of Management Studies & Research

On the occasion of International Yoga Day that was observed on 21st June 2022, N.L. Dalmia Institute of Management Studies and Research organized a guest session on the "Importance of Yoga" for its students, faculty members and non-teaching staff members. The theme for International Day of Yoga 2022 was “**Yoga for Humanity.**” Yoga is an invaluable gift of India's ancient tradition, so to shed light on its importance, the guest speaker was Geetanjali Dixit Mam. She is a Yoga Alliance qualified teacher from The Yoga Institute, Mumbai. She has specialization in Hath Yoga, Fitness Yoga, Pre-Pregnancy Yoga, Pregnancy Yoga, Post Pregnancy Yoga, Yoga Philosophy and Kids’ Yoga. Miss Shivani Banpurkar (Student, PGDM 2nd Year) started the session by introducing our guest speaker, Geetanjali Mam and welcomed the dignitaries, faculty, non-teaching staff and the students.

Geetanjali Mam commenced the session by teaching the right way to do the diaphragmatic breathing technique. She explained the correct posture and fine details to practice it.



Then she stated, " Yoga is derived from the Sanskrit word '**Yuj**' that means to unite." So yoga means the balance of mind, body and spirit. She further explained the yoga asanas and how 84 yoga asanas are derived from nature and its creatures like animals and birds. She then taught about the five major movements for the spine - Sidewise movement, Rotation, upward

stretching, Head to toe pose and Ustrasana (Camel Pose). She further quoted, "For every asana, there is a counter pose."





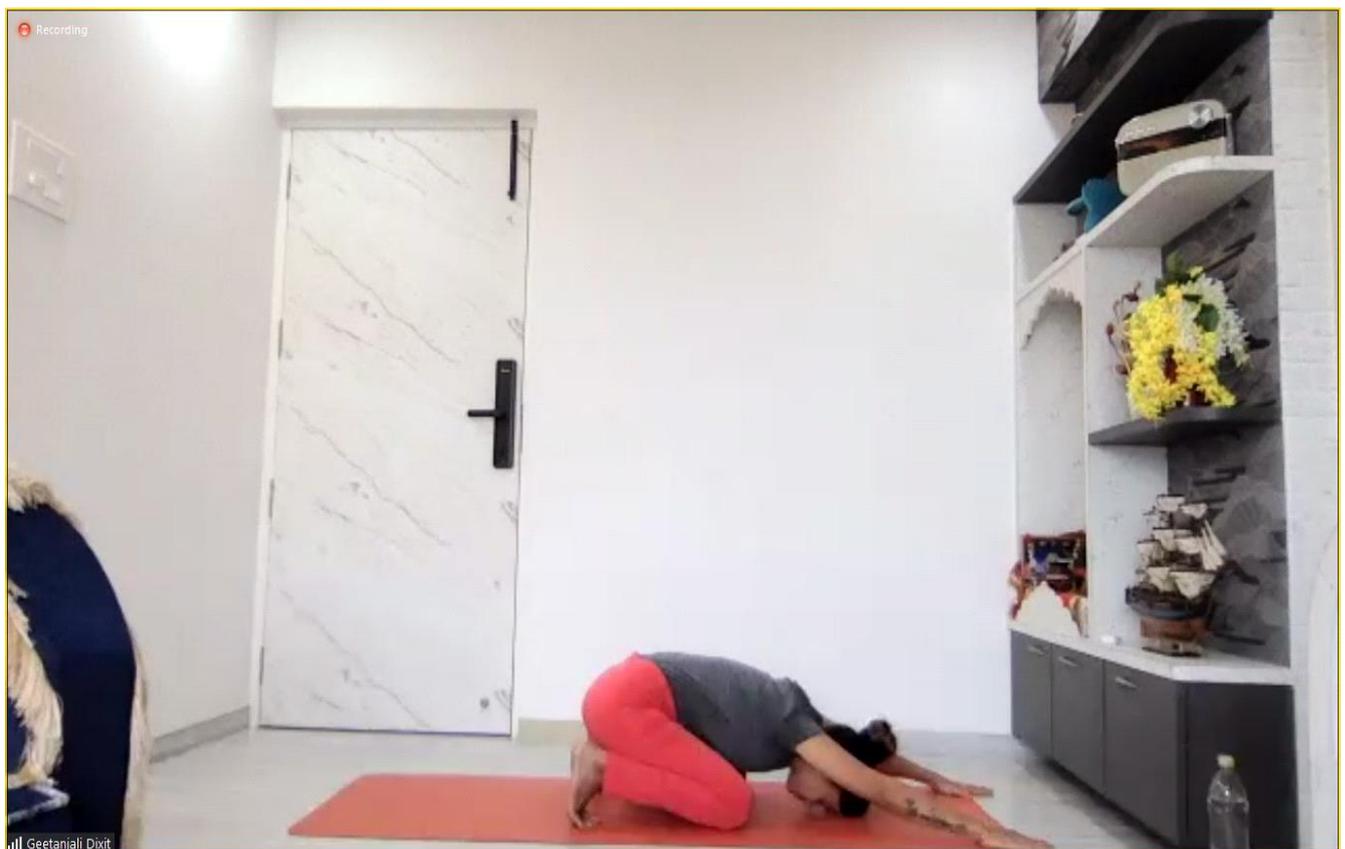
She also mentioned the benefits of yoga and how yoga decreases stress level and improves breathing capacity and heart health. Yoga also enhances eating lifestyle and regulates hormonal balance. She also covered the following topics:

- Difference between Yoga and other exercises:

In exercise, movements are repetitive and fast, and the mind and body are disconnected. Exercise is exhaustive and can harm one's internal organs. On the other hand, in yoga, the mind and body are synchronized and balanced; one feels energetic after yoga. Yoga provides strength to one's internal organs.

- How to handle stress with yoga?

Geetanjali Ma'am mentioned that stress directly affects our endocrine system comprising eight glands and recommended the best yoga poses for the glands. She moved on to tell us about the 'Nadis.' There are two types of Nadis that she talked about. One is Surya Nadi, and the other is Chandra Nadi. Symptoms like anger issues and having high blood or gas formation means Surya Nadi is more active. In this case, forward asanas are to be performed. On the other hand, in symptoms like dizziness, cough, cold or low blood pressure, Chandra Nadi is more active. For this, backward asanas are to be performed.

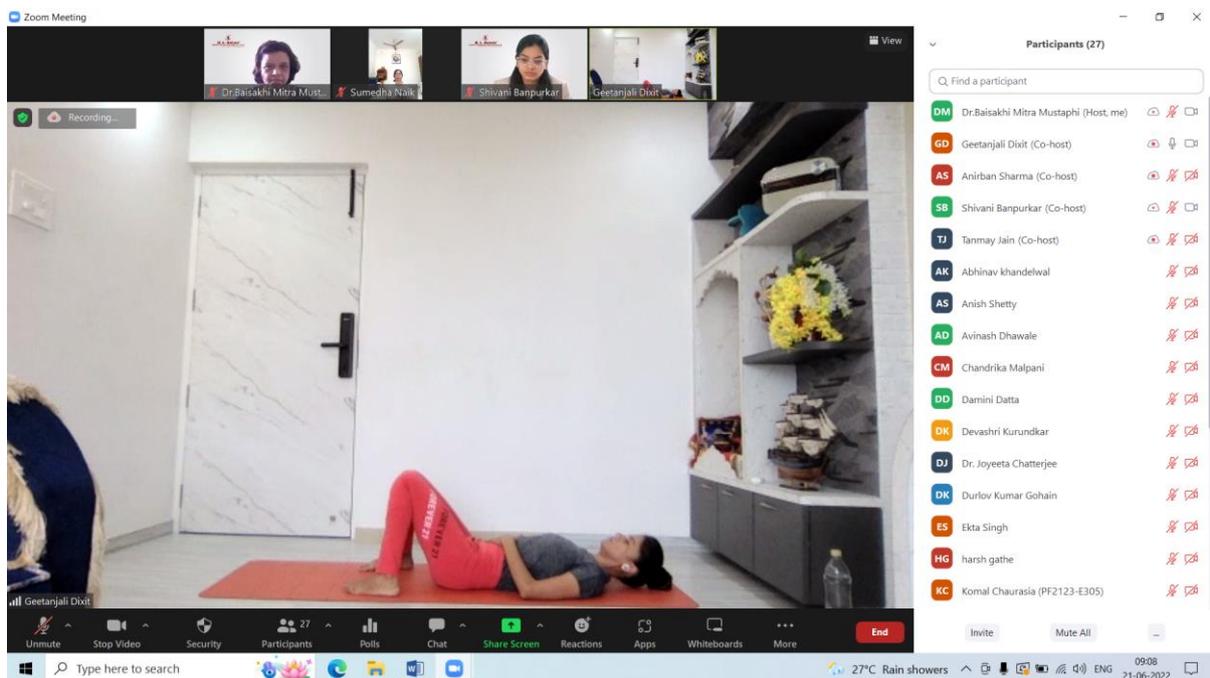


The guest shared some helpful yoga tips for the students -

- Before the commencement of exams, **Sukhasana** should be practiced.

- If one feels agitated or nervous, they can do **Shavasana** as it calms down the nervous system.
- One can do **Simhasana** (Lion Pose) for speech or clear voice.

In the end, Geetanjali Ma'am advised everyone to do breathing exercises, eat healthily and perform asanas according to one's health problems. Later on, the audience asked questions related to yoga and got their doubts cleared. Finally, the session ended with the vote of thanks given by Mr. Tanmay Jain (Student, PGDM 2nd year).



Zoom Meeting

Recording...

Participants (28)

Q. Find a participant

- DM Dr.Baisakhi Mitra Mustaphi (Host, me)
- GD Geetanjali Dixit (Co-host)
- AS Anirban Sharma (Co-host)
- SB Shivani Banpurkar (Co-host)
- TJ Tanmay Jain (Co-host)
- AK Abhinav khandelwal
- AS Anish Shetty
- AD Avinash Dhawale
- CM Chandrika Malpani
- DD Damini Datta
- DK Devashri Kurundkar
- DJ Dr. Joyeeta Chatterjee
- DK Durlav Kumar Gohain
- ES Ekta Singh
- HG harsh gathe
- KC Komal Chaurasia (PF2123-E305)

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Zoom Meeting

Recording...

Participants (29)

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 <p>Geetanjali Dixit</p>	 <p>Shubham Kothawade PM2123...</p>	 <p>Dr. Baisakhi Mitra Mustaphi</p>	 <p>Shivani Banpurkar</p>	 <p>Sumedha Naik</p>
 <p>Tanmay Jain</p>	 <p>Durlav Kumar Gohain</p>	 <p>Sourav Choudhury</p>	<p>Nazia Ansari &...</p> <p>Nazia Ansari & Anand Dhutraj</p>	<p>Manshi Mehta</p> <p>Manshi Mehta</p>
<p>Ekta Singh</p> <p>Ekta Singh</p>	<p>Anirban Sharma</p> <p>Anirban Sharma</p>	<p>Pari Rajput</p> <p>Pari Rajput</p>	<p>Sajita Pradeep</p> <p>Sajita Pradeep</p>	<p>Damini Datta</p> <p>Damini Datta</p>
<p>Roopal</p> <p>Roopal</p>	<p>Piyusha Amre</p> <p>Piyusha Amre</p>	<p>Nandini Viras</p> <p>Nandini Viras</p>	<p>Abhinav khande...</p> <p>Abhinav khandelwal</p>	<p>Chandrika Malp...</p> <p>Chandrika Malpani</p>
	<p>Komal Chaurasi...</p> <p>Komal Chaurasia (PF2123-E30...</p>	<p>harsh gathe</p> <p>harsh gathe</p>	<p>Kumud Singh</p> <p>Kumud Singh</p>	