**Sambhram Academy of Management Studies**

**Report on Yoga Sessions**

**December, 2022**

“Education is the manifestation of perfection already existing in man’’: Swami Vivekananda

Yoga in Sanskrit means ‘Union with the Almighty, Unite or Yoke together; essential purpose of yoga is to bring together body, mind and soul into a harmonious whole, an integrated personality. The broad guidelines given by UGC about making 21st century equipped with critical thinking, problem solving, analytical reasoning, cognitive skills and self-directed learning is possible only through the broad framework of both mental and physical education and yoga. Yoga education can supplement School and University education and can prepare students physically and mentally for integration of their physical, mental and spiritual personalities so that they can become better citizens. Giving trust to the healthy society, Government of India has launched “Fit India Movement, Khelo India and International Day of Yoga”. Thus the Governments of India and Karnataka have included physical education, sports and yoga as the key area in NEP 2020.

Clear concepts are taught to the students; concepts like preparation, synchronization, concentration, relaxation, self-reliance. According to the studies 20/25 students are ideal for a class and additional assistance is required if it crosses that figure. The UG Students of Sambhram Academy of Management attended Yoga sessions fulfilling their NEP policy framework. College invited Yoga experts from Vyapak, a Yoga Training Institute to instill the benefits which can be garnered by the students by initiating them into practicing Yoga. The students were trained in small batches as this can help in personal attention by yoga trainers; together three trainers trained the students: Rajendra Prasad, Naveen and Padma.

The students were taught various yogasanas which will enhance their self awareness and concentration. The Yogic techniques taught were: Pranayama; Mudras like Chinmayamudra, Chinmudra, Adimudra; Asanas like Vrikshasana, Veerabhadrasana, Ardhamatsyasana, Ardhanavasana, Sukhasana, Padmasana, Ardhapadmasana and all rounds of Suryanamaskara. Benefits derived by each asana were explained to pupils. On the whole students participated with enthusiasm and zeal entering a yogic way of life.