



SACHIN DEB BARMAN MEMORIAL GOVT. MUSIC COLLEGE

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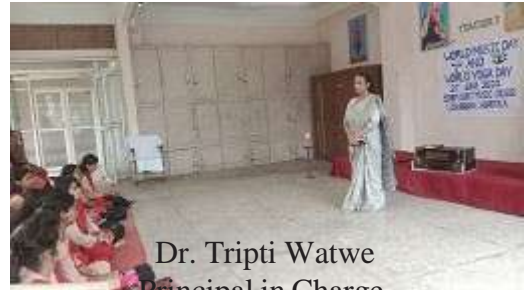
REPORT ON INTERNATIONAL DAY OF YOGA 2022

‘Yoga for Humanity’

National Day of Yoga has been celebrated in Sachin Deb Barman Memorial Govt. Music College on 21st June 2022 in the Department of Dance. International Yoga Day is celebrated on 21 June every year to highlight the importance of Yoga and its benefits on our mind and body.

All faculty members and other staff of the institution participated in the celebration.

Name of the Yoga instructor: Ms. Rimpi Malakar, 4th Se-mester, Vocal and Instrumental Music Department



Dr. Tripti Watwe
Principal in Charge

Principal of the Institute inaugurated the programme and delivered her speech. She stated:

The idea of an international day to recognize and respect the practice of yoga was first made on 27th September 2014 by the Prime Minister of India, Narendra Modi at the UN General Assembly. It was he who proposed the date of this day as it falls in the Summer Solstice of the Northern Hemisphere. This day marks the beginning of the summer season and is also the longest day of the year. Afterwards on 11th December 2014, the United Nations declared 21st June as International Yoga Day. The proposal was approved by 175 member states. Yoga Day highlights the importance of Yoga and the benefits it has on our mind and soul. If practiced often, yoga can boost up your energy level, help you maintain a healthy weight and improve your body posture. Participating in Yoga activities and meditation can help in enhancing your mental health.

Among faculty members Smt. Kalpana Dey, PGT delivered their speech and discussed about the theme of International Yoga Day 2022. She stated:

The theme for International Yoga Day in 2022 is ‘Yoga for Humanity’, which is intended at bringing to light the physical, mental, and emotional state of people. The theme was selected with the aim to inspire the yoga community for global development. The theme for this year was announced by PM Narendra Modi on 30th May during the show ‘Mann Ki Baat’. This year the theme has been

decided to keep in mind the important role that yoga has been playing in dealing with COVID-19. Involving yourself in Yoga not only benefits the mind and body but also instils love and compassion towards one another. On the occasion of International Yoga Day, India organized special programs for students, women, specially-abled as well as transgenders to spread awareness and involve more & more people in Yoga and Meditation.



Ms. Rimpi Malakar, 4th Semester, Vocal and Instrumental Music is performing Yoga in front of Faculties, staff and students. While performing yoga he explained the following:

1. Yoga improves strength, balance and flexibility.

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

Tree Pose

Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. Try to focus on one spot in front of you, while you balance for one minute.

2. Yoga helps with back pain relief.

Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.

Cat-Cow Pose

Get on all fours, placing your palms underneath your shoulders and your knees underneath your hips. First, inhale, as you let your stomach drop down toward the floor. Then, exhale, as you draw your navel toward your spine, arching your spine like a cat stretching.

3. Yoga can ease arthritis symptoms.

Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis, according to a Johns Hopkins review of 11 recent studies.



4. Yoga benefits heart health.

Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.

Downward Dog Pose

Get on all fours, then tuck your toes under and bring your sitting bones up, so that you make a triangle shape. Keep a slight bend in your knees, while lengthening your spine and tailbone.

5. Yoga relaxes you

Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

Legs-Up-the-Wall Pose

Sit with your left side against a wall, then gently turn right and lift your legs up to rest against the wall, keeping your back on the floor and your sitting bones close to the wall. You can remain in this position for 5 to 15 minutes.

6. Yoga can mean more energy and brighter moods.

You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga.

7. Yoga helps you manage stress.

According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

Corpse Pose (Savasana)

Lie down with your limbs gently stretched out, away from the body, with your palms facing up. Try to clear your mind while breathing deeply. You can hold this pose for 5 to 15 minutes.

8. Yoga connects you with a supportive community.

Participating in yoga classes can ease loneliness and provide an environment for group healing and support. Even during one-on-one sessions loneliness is reduced as one is acknowledged as a unique individual, being listened to and participating in the creation of a personalized yoga plan.

9. Yoga promotes better self-care.

Scientific Research on Yoga Benefits

National Institutes of Health and other large organizations are listening to — and incorporating — scientific validation of yoga's value in health care.

Numerous studies show yoga's benefits in arthritis, osteopenia, balance issues, oncology, women's health, chronic pain and other specialties.

The programme ended with a vote of thanks by Convenor of sports committee of the institute.