



### **Stretching and Let Go through Yoga for Hostellers**

**Event Title: Stretching and Let Go through Yoga**

**Date: 28th November, 2023**

**Time: 12:00 PM**

**Venue: Yoga Meditation Centre, 4th Floor, A Block**

**Event Type: Expert Session**

**Mode of Activity: Offline**

**Target Group: Hostel Students**

**Resource Person: Mr. Rajiv Ranjan (Assistant Professor, SOHS, Certified Level-2 by Ministry of India, Level-5 by Ministry of Skill Development, Level-1 Yoga Teacher of Art of Living)**

**Organized by: Chetna Society in collaboration with Counseling and Mental Wellness Centre & Student Welfare Organization**

**Faculty Coordinators: Dr. Manju Rani, Dr. Suruchi Singh, Ms. Vartika Singh, Ms. Tanu Agarwal**

#### **Introduction**

Chetna Society, in collaboration with the Counseling and Mental Wellness Centre and the Student Welfare Organization, organized an expert session on 'Stretching and Let Go through Yoga for Hostellers'. The session aimed to promote physical and mental well-being among hostel students by teaching them the art of stretching and relaxation through yoga. The initiative was designed to help students relax, release tension, and foster a sense of balance amid their hectic hostel life.

#### **Objectives**

1. Promote Physical and Mental Well-being: Enhance students' physical health and mental relaxation through yoga practices.

2. Stress Relief: Provide techniques to release stress and tension caused by academic and hostel life.
3. Encourage Healthy Lifestyle: Motivate students to incorporate yoga into their daily routine for long-term benefits.
4. Foster Balance and Mindfulness: Develop a sense of balance and mindfulness to improve focus and emotional stability.

### **Session Summary**

The session commenced with an introduction by the faculty coordinators, highlighting the importance of yoga in daily life. Mr. Rajiv Ranjan, the esteemed resource person, conducted a comprehensive yoga session focusing on stretching exercises, breathing techniques, and relaxation practices. The participants learned how yoga can help them manage stress, improve concentration, and maintain physical fitness.

The interactive nature of the session allowed students to actively participate in yoga exercises and understand the correct postures and techniques. Mr. Ranjan emphasized the holistic benefits of yoga, including its role in improving mental health, boosting energy levels, and fostering a positive mindset.

The faculty coordinators—Dr. Manju Rani, Dr. Suruchi Singh, Ms. Vartika Singh, and Ms. Tanu Agarwal—encouraged students to practice yoga regularly and highlighted the long-term advantages of incorporating it into their lifestyle.

The event concluded with a vote of thanks, appreciating the collaborative efforts of Chetna Society, Counseling and Mental Wellness Centre, and the Student Welfare Organization in promoting health and well-being among students.

Participants expressed their gratitude for the enriching experience and left with a renewed sense of relaxation, focus, and motivation to embrace a healthier lifestyle.

