



REGENT EDUCATION & RESEARCH FOUNDATION GROUP OF INSTITUTIONS

Report on One Day Yoga Program

Date: 02/11/2021

Venue: Online

Organized by: Basic Science and Humanities Department of Regent Education and Research Foundation Group of Institutions

No. of Student Joined: 70

Taken By: Mr. Tanumoy Das

Executive Summary

The International Yoga Day event held on June 21, 2021, was a resounding success. Organized by RERFGI and conducted by the BSH Department, the event brought together students from various disciplines, including B.Tech, MCA, and MBA, for a day of virtual yoga and mindfulness activities. This report provides an overview of the event, its objectives, activities, and the positive outcomes achieved.

Introduction

International Yoga Day is celebrated worldwide to promote the physical, mental, and spiritual benefits of yoga. In line with this global initiative, RERFGI organized a special one-day event for its students. Due to the ongoing COVID-19 pandemic, the event was conducted online to ensure the safety and participation of all students.

Objectives

The primary objectives of the International Yoga Day event were as follows:

Promote Health and Wellness: Encourage students to adopt a healthy lifestyle through yoga and mindfulness practices.

Stress Management: Teach stress reduction techniques to help students cope with academic and personal challenges.

Community Building: Foster a sense of unity and community among students despite physical separation.

Event Highlights

Inauguration Session

The event commenced with an inauguration session where the Director of RERFGI delivered an inspiring speech about the importance of yoga in modern life. Distinguished yoga instructors were introduced, and the schedule for the day was outlined.

Principal

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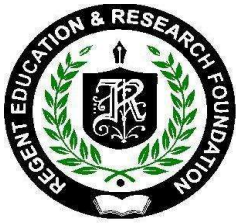
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Yoga and Mindfulness Sessions

Throughout the day, multiple yoga and mindfulness sessions were conducted by certified instructors. These sessions catered to varying levels of expertise, ensuring that both beginners and experienced practitioners could participate comfortably. Some of the sessions included:

- **Basic Yoga Poses:** A beginner-friendly session introducing fundamental yoga postures and breathing techniques.
- **Meditation and Relaxation:** Guided meditation sessions aimed at reducing stress and enhancing mental clarity.
- **Advanced Yoga:** For more experienced practitioners, a session challenging participants with advanced poses and sequences.
- **Yoga Philosophy:** An insightful discussion on the philosophical aspects of yoga and its relevance in modern life.

Interactive Workshops

In addition to yoga sessions, interactive workshops were organized, focusing on the holistic benefits of yoga. Topics covered included nutrition, mental health, and the importance of a balanced lifestyle.

Cultural Performances

To add a cultural touch to the event, students from different regions performed traditional dances and music, showcasing the diversity within the RERFGI community.

Closing Ceremony

The event concluded with a closing ceremony where participants shared their experiences and reflections on the day. Certificates of participation were distributed to all attendees.

Outcomes

The International Yoga Day event achieved several positive outcomes:

1. **Increased Awareness:** Students gained a deeper understanding of the physical and mental benefits of yoga and mindfulness.
2. **Stress Reduction:** Participants reported feeling more relaxed and better equipped to manage stress after the event.
3. **Community Engagement:** The event fostered a sense of unity among students who were physically distanced due to the pandemic.
4. **Skill Development:** Students, both novices and experienced practitioners, acquired new yoga skills and techniques.

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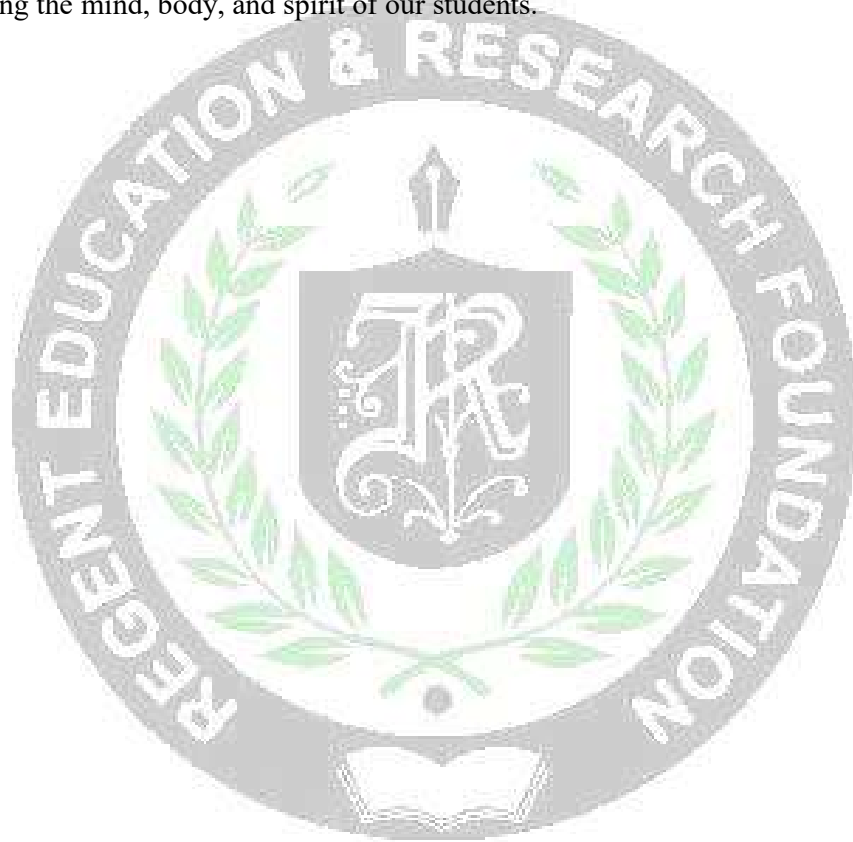
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Conclusion

The International Yoga Day event organized by RERFGI and conducted by the BSH Department on June 21, 2021, was a significant success. It not only promoted health and well-being but also strengthened the sense of community among students during challenging times. The event exemplified RERFGI's commitment to holistic education and the well-being of its students. We look forward to organizing similar events in the future to continue nurturing the mind, body, and spirit of our students.



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REGENT EDUCATION & RESEARCH FOUNDATION GROUP OF INSTITUTIONS

Report on Weekly Yoga Sessions - Academic Session 2021-2022

Organised by: Basic Science and Humanities Department of Regent Education and Research Foundation

Executive Summary

In the academic session 2021-2022, Regent Education and Research Foundation successfully organized weekly 40-minute Yoga sessions for all-year students every Tuesday. These sessions were held in the Seminar Hall, with the aim of promoting the physical and mental well-being of our student community. This report provides an overview of the weekly Yoga sessions, their objectives, activities, and the positive response from our students.

Introduction

In recognition of the importance of holistic education and the well-being of our students, the Basic Science and Humanities Department at Regent Education and Research Foundation introduced weekly Yoga sessions in the academic year 2021-2022. These sessions were designed to provide students with an opportunity to practice Yoga before starting their regular routine-wise classes on Tuesdays.

Objectives

The primary objectives of the weekly Yoga sessions were as follows:

Promote Health and Well-being: Encourage students to prioritize their physical and mental health.

Stress Management: Equip students with practical stress management techniques.



Enhance Concentration: Improve students' focus and concentration, benefiting their academic performance.

Pilot Program: Test the feasibility and response to weekly Yoga sessions to potentially consider regular implementation in the future.

Activities

The weekly Yoga sessions included a variety of activities to cater to students with different levels of expertise:

- Yoga Asanas (Postures)
- Students practiced a series of Yoga postures to improve flexibility and strength.
- Pranayama (Breathing Exercises)
- Breathing exercises were taught to enhance lung capacity and reduce stress.
- Guided Meditation
- Meditation sessions aimed at promoting mental clarity and relaxation.
- Progressive Relaxation Techniques
- Techniques were introduced to help students release physical and mental tension.

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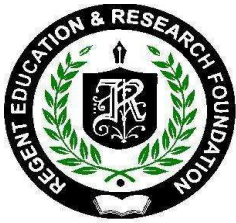
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Positive Response

The response from our student community was overwhelmingly positive:

- **Increased Participation:** Attendance at the weekly Yoga sessions steadily increased throughout the academic year, indicating a growing interest among students.
- **Enhanced Well-being:** Students reported feeling physically and mentally rejuvenated after each session, contributing to their overall well-being.
- **Stress Reduction:** The sessions provided students with valuable stress management tools, which they could apply to their academic and personal lives.
- **Improved Focus:** Many students noted improved concentration, which translated into better academic performance.

Future Steps

Based on the positive response and the evident benefits to our students, Regent Education and Research Foundation is considering taking the following steps in the future:



Regular Implementation: Considering the success of this pilot program, we are exploring the possibility of implementing regular Yoga sessions in the academic curriculum.

Diversified Sessions: Expanding the range of Yoga sessions to cater to different interests and needs of our students.

Conclusion

The weekly Yoga sessions introduced in the academic year 2021-2022 at Regent Education and Research Foundation have been a significant success. They have not only promoted the physical and mental well-being of our students but have also highlighted the positive response and potential for further integration into our academic curriculum.

We look forward to continuing to prioritize the health and well-being of our students and exploring opportunities to enhance their overall development.

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Report on International Yoga Day Event 2022

Date: June 21, 2022

Venue: Seminar Hall

Time: 10:30 am

Organized by: Basic Science and Humanities Department of Regent Education and Research Foundation Group of Institutions

No. of Student Joined: 80

Taken By: Mr. Pritam Manna

Executive Summary

The June 21, 2022, International Yoga Day celebration was a spectacular success. The programme, which was put together by RERFGI and run by the BSH Department, brought together students from different academic fields, such as B.Tech, MCA, and MBA, for a day of virtual yoga and mindfulness exercises. This report gives a general outline of the occasion, its goals, its activities, and the successful outcomes.

Introduction

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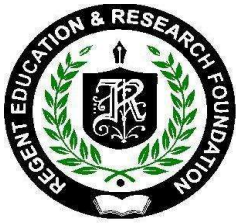
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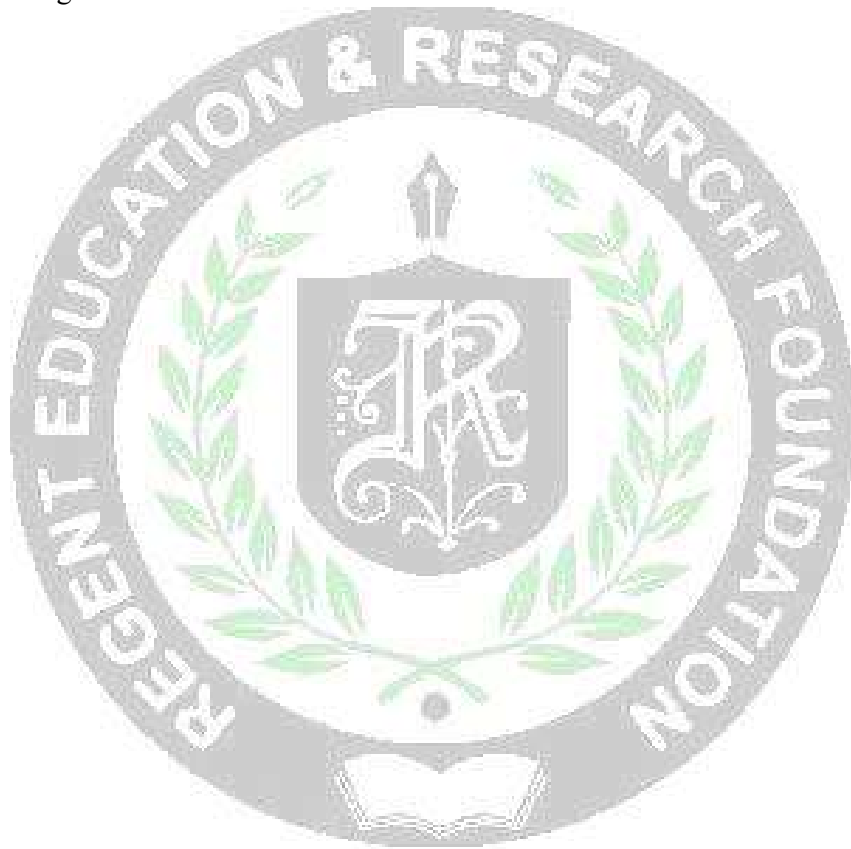
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Conclusion

The BSH Department successfully hosted the International Yoga Day event on June 21, 2022, which was planned by RERFGI. In difficult times, it increased the sense of community among students while also promoting health and well-being. The occasion demonstrated RERFGI's dedication to all-encompassing education and the welfare of its pupils. To continue fostering the intellect, body, and spirit of our children, we look forward to planning more activities of this nature in the future.



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