

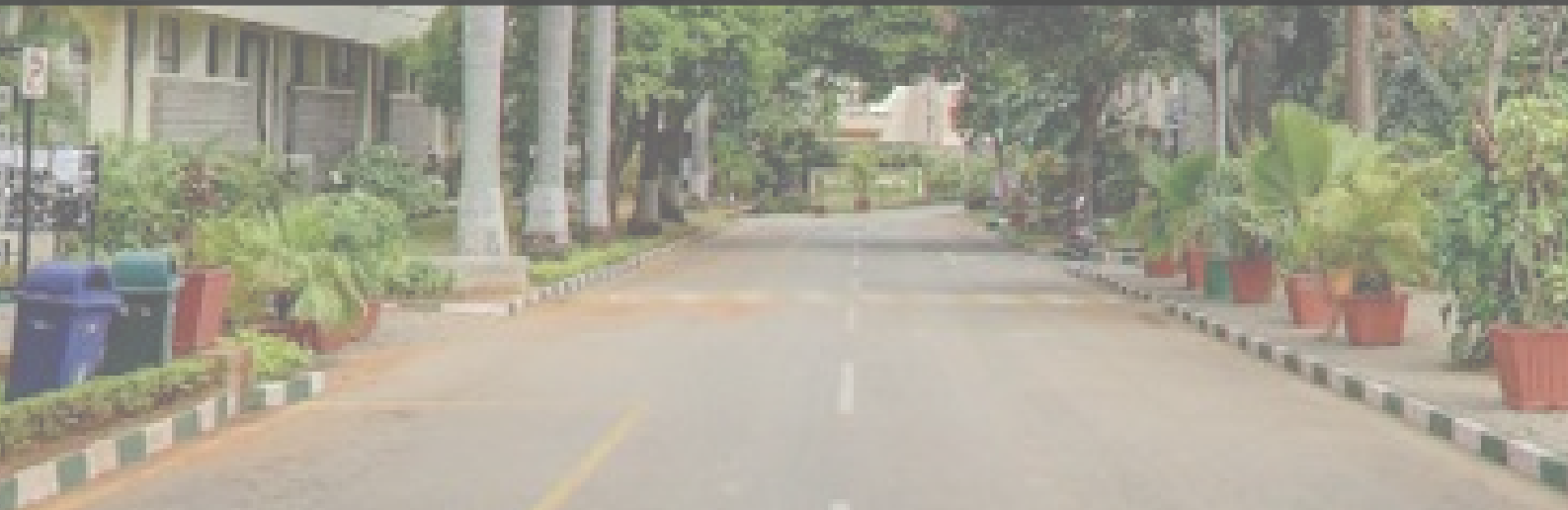


# B.M.S. COLLEGE OF ENGINEERING

Autonomous Institution, Affiliated to VTU, Approved by AICTE, Accredited by NBA  
P.B. No. 1908, Bull Temple Road, Bengaluru - 560 019 Karnataka. INDIA  
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCE



# 8th INTERNATIONAL DAY OF YOGA





# Fusion of the MIND and the BODY

## Start of the Event

The dawn of 21th of June was not an ordinary one in the BMS campus. The NCC cadets were stationed inside the indoor stadium, looking sharp in their track suits for the impending yogic activities. The event was prepared ahead of time by the NSS, NCC, and Samyama (yoga) team, with Shiva Kumara Swamy sir's support.



# Introduction



**BMS College of Engineering celebrated the 8th International Yoga day jointly organized by the Department of Physical Education, BMSCE yoga team (samyama), NCC Unit of BMSCE and NSS unit of BMSCE, on 21st June 2022 where 125 participants including the Faculty, Staff and the Students participated with great enthusiasm. Dr. S. Muralidhara, Principal, Dr. M. Shivarama Reddy Director, Physical Education, Ms. Raksha Bhide, Yoga Therapist & Research Assistant NIMHANS, Bengaluru. Dr. Rajeshwari Hegde, Professor, Department of Telecommunication Engineering participated in the Inaugural celebration.**





# Lighting of the Lamp

The blessings of the lord were taken by the lighting of the lamp. The function began with a brief introduction of Yoga Day by Ms. Raksha Bhide, Yoga Therapist & Research Assistant NIMHANS, Bengaluru. Dr. Rajeshwari Hegde, Professor, Department of Telecommunication Engineering spoke about 'The Positive Framework of Meditation'. She began by explaining how negative thoughts disturb a person. "Negativity increases the hormonal imbalance in people and thus there is a confusion of thoughts leading to stress" says Raksha Bhide.



# Explanation



**Yoga Day is celebrated among the youth to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. Ms. Raksha Bhide explained the importance of Yoga in the life of youngsters. She explained that regular practice of Yoga will help the students achieve better mental and physical health.**





Demonstration  
by Samyama

This was then followed by demonstrations of yogic postures by our college Yoga team members with the Yoga prayer. The yoga Prayer mainly included Samgacchadhvam and Samvadadhvam.



# Surya Namaskara



12 rounds of Surya Namaskara and Asanas were then performed by the faculty, staff and students enthusiastically who were guided by Raksha Bhide who simultaneously explained the importance of these Asanas.





## Standing, sitting and prone Asanas

To relax after the Surya Namaskara, the participants were guided by the yoga team and Raksha Bhide to perform standing asanas. Tadasana and Vrikshasana were the asanas that were given importance. Later, it was moved to sitting asanas where Vajrasana, Vakrasana and Jaanu Shirsasana were performed in sets of 1 minute. Prone Asanas such as Makarasana, Bhujangasana and Shalabhasana were done with grace.



# Supine Asanas



After having a set of these asanas, it was then moved to Supine Postures which included Shavasana, Sethubandhasana, Uttana Padasana ranging from 30 degrees to 60 and 90 degrees, Pavanamukthasana. .



# Pranayama

**The participants were made to sit back to do Pranayama wherein Nadi Shuddhi and Brahmari Pranayamas were performed**

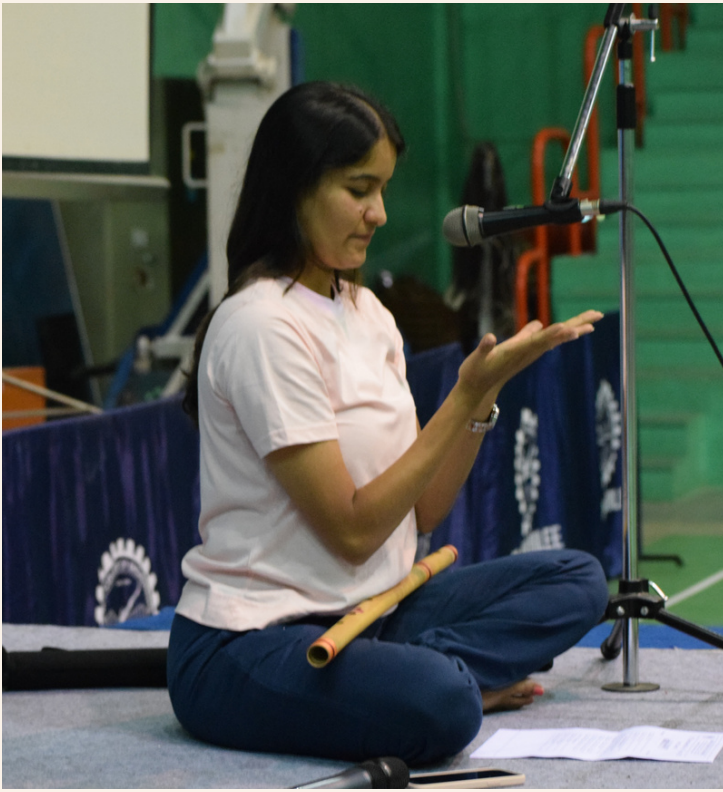


# Relaxation with Flute



Shavasana was done for short Relaxation. The Shavasana was accompanied by a beautiful session of Flute that was played by Raksha Bhide herself. A soothing music was treated to the ears of all the participants who were in Shavasana. This went on for 15 minutes wherein different tunes were played to the rhythm of the asanas.





# Sankalpa

**To keep the tune beating in the hearts of the participants, all of them were made to sit back for a Deep Relaxation which was done for 10 minutes. Raksha Bhide then took lead and made everyone to take sankalpa, The Oath.**



# Programme Finale



After the Sankalpa, the students, participants and staff were deeply energized and kept the spirit of the day alive to the rest of their future.

