

Yoga and Meditation

Aim

Primary aim of yoga is to gain balance and control in one's life and to free from confusion and distress. It provides a sense of calm that comes from the practice of yogic exercises and the practice of breath control.

Yoga improves posture, increases the intake of oxygen and enhances the functioning of all body systems like respiratory, digestive, endocrine, reproductive, excretory systems etc. The practice of yoga helps us to overcome that imbalance.

The practice of yoga helps to focus better and give perfect health, spiritual contentment, and total well being.

Objectives

- To give Yoga practice regularly
- To practice mental emotional stability To possess
- To integrate moral values
- To attain higher level of consciousness
- To enhance muscle strength, coordination, flexibility, agility and range of motion.

Activities

- Classes are offered in the morning and in the early evening on every Saturdays
- Regular informative talk on different asanas like
 - Slow Stretching Yoga Asana for Neck
 - Full Body Yoga Tadasana – The Mountain Pose
 - Standing Forward Fold Pose (Uttanasana Yoga)
 - The Triangle Pose (Trikonasana Yoga) For Beginner
 - Bow Pose (Dhanurasana Yoga)
 - Surya Namaskar (Sun Salutation)
 - Kapalbhatai Pranayama Yoga Pose for Beginner
 - Bound Angle Pose – Baddha Konasana Yoga for Beginners
 - Relaxing Yoga Asana (Eagle Twist Yoga)

- Headstand Pose (Sirsasana Yoga Pose)
- Sarvangasana (Shoulder Stand) For Beginner
- Paschimottanasana (Forward Bend Pose)

REPORT OF INTERNATIONAL YOGA DAY - 2016

National cadet corps under the 2 Tamil Nadu Girls Bn, NCC, Madurai of Jayaraj Annapackiam College for women (Autonomous), Periyakulam observed the International day of yoga on 21st June 2016. Yoga is a spiritual, physical and mental practice which originated in India. The programme began with prayer song followed by bible reading and prayer at 7.00am in the college premises with 82 NCC cadets, Associate NCC officer. Different yoga postures like pranayama, Bhujangasana, vrikshasana, Uttaanaasana, Trikonaasana, Bhadsasana, Shashankaasana, Pawana, muktaasana, finally ended with and meditation. This was a great opportunity to imbibe the value of discipline. The programme was come to an end with National Anthem.

REPORT OF INTERNATIONAL YOGA DAY - 2017

The International day of yoga was celebrated on 21st June 2017 at Jayaraj Annapackiam college for women (Autonomous), Periyakulam to bring peace, harmony, happiness and success to every soul in the world. NCC cadets got the chances to know how the yoga embodies unity of mind and body. The programme began with prayer song followed by bible reading and prayer at 7.30am in the college premises with 131 NCC cadets, Associate NCC officer and Parade Instructor Mr. Aanand of 2 Tn (G) Bn, NCC, Madurai. Different yoga postures like vrikshasana, Uttaanaasana, Trikonaasana, Bhadsasana, Shashankaasana, Bhujangasana, Pawana muktaasana, finally ended with pranayama and meditation. This was a great opportunity to imbibe the value of discipline. The programme was come to an end with National Anthem.

REPORT OF INTERNATIONAL YOGA DAY -2018

International day of yoga is celebrated annually on 21st June, since its inception in 2015. The idea of International yoga day was first proposed by the current Prime Minister Mr. Narendra Modi. Yoga is a physical, mental and spiritual practice originated in Bharat or India. It is an invaluable gift of India's ancient tradition. It embodies unity of mind and body, thought and action, harmony between man and nature, a holistic approach to health and well being. It will reduce stress and improve some medical conditions such as premenstrual syndrome.

The programme began with prayer song followed by bible reading and prayer at 7.30am in the college premises with 107 NCC cadets, Associate NCC officer and Parade Instructor Mr. Aanand of 2 Tn (G) Bn, NCC, Madurai. Different yoga postures like vrikshasana, Uttaanaasana, Trikonaasana, Bhadsasana, Shashankaasana, Bhujangasana, Pawana muktaasana, finally ended with pranayama and meditation. This was a great opportunity to imbibe the value of discipline.

Parade Instructor delivered a very enlightening lecture on importance of yoga and he quoted several scientific studies to establish that yoga practices help in reducing high blood pressure and providing relief from back pain and neck pain. The programme was come to an end with National Anthem.

REPORT OF INTERNATIONAL YOGA DAY - 2019

International day of yoga is celebrated on 21st June 2019 at JAC campus. Yoga is a physical, mental and spiritual practice originated in Bharat or India. It is an invaluable gift of India's ancient tradition. It embodies unity of mind and body, thought and action, harmony between man and nature, a holistic approach to health and well being. It will reduce stress and improve some medical conditions such as premenstrual syndrome.

The programme began with prayer song followed by bible reading and prayer at 7.30am in the college premises with 80 NCC cadets, Associate NCC officer. Different yoga postures like Bhadsasana, Vrikshasana, Pawana muktaasana, Uttaanaasana, Trikonaasana, Shashankaasana, Bhujangasana, finally ended with pranayama and meditation. This was a great opportunity to imbibe the value of discipline. The programme was come to an end with National Anthem.

