



# NATIONAL SERVICE SCHEME

In collaboration with

# NATIONAL CADET CORPS



MIRANDA HOUSE, UNIVERSITY OF DELHI

presents

## A week long certificate course

From 23rd June'21 - 29th June'21

## "UNIFYING BODY AND MIND WITH YOGA"

*Spinning the wheels of soulful living !*

### EMBRACING SOULS

A SERIES OF REVITALIZING LECTURES WITH EMINENT SPEAKERS THAT WILL INCREASE PRODUCTIVITY AND KNOWLEDGE!

### THE 20/20/20 FORMULA

YOGA, MEDITATION, SPEAKER SESSIONS AND JOURNALING USING THE 20/20/20 FORMULA (AN INITIATIVE BY EX-MIRANDIAN AND NCC CADET MISS SIMRAN KAPOOR)

### CO-ORDINATORS :

**Dr. Rekha Kumari (NSS Programme Officer)**

**Dr. Archana Kushwaha (Care Taker Officer, MH NCC)**

ON THIS YOGA MAHOTSAVA, LET'S STEP INTO SPIRITUAL ONENESS



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# NATIONAL SERVICE SCHEME

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## MIRANDA HOUSE, UNIVERSITY OF DELHI

### LIST OF EMINENT SPEAKERS

**23RD JUNE**

**SPEAKER: TRISHEE JAIN**



YOGINI, YOGA ALLIANCE USA CERTIFIED  
RYT 200 HOURS AND RYT 500 HOURS  
YOGA TEACHER

THEME : ADVANCED YOGA ASANA TO FIRE  
UP YOUR FLOW  
TIME: 11 AM ONWARDS

**24TH JUNE**

**SPEAKER: Ms. GARIMA GOYAL**



MS, RD, CDE, REGISTERED DIETITIAN,  
DIABETES EDUCATOR

THEME : DIET FOR MIND, BODY  
AND SOUL  
TIME: 11 AM ONWARDS

**25TH JUNE**

**SPEAKER: DR. NAVNEET CHOPRA**



ASSISTANT PROFESSOR,  
DEPARTMENT OF PHILOSOPHY,  
UNIVERSITY OF DELHI

THEME : THE ESSENCE OF YOGA -  
YOGA IN DAILY LIFE  
TIME- 12 NOON ONWARDS

**26TH JUNE**

**SPEAKER: Ms. KRITI**



RYS CERTIFIED YOGA INSTRUCTOR 500  
HOURS, REIKI HEALER AND CRYSTAL  
HEALER

THEME - YOGA & MEDITATION:  
FIGHT STRESS AND FIND SERENITY.  
TIME: 11 AM ONWARDS

**27TH JUNE**

**SPEAKER: DR. SHALINI SHARMA**



ASSISTANT PROFESSOR,  
DEPARTMENT OF PSYCHOLOGY,  
UNIVERSITY OF DELHI

THEME: YOGA, MINDFULNESS AND  
POSITIVE MENTAL HEALTH  
TIME- 1 PM ONWARDS

**28TH JUNE**

**SPEAKER: Ms. CHETNA RAI**



MSC CLINICAL NUTRITION AND  
DIETETICS, RYS 200 USA YOGA ALLIANCE  
CERTIFIED, DIABETES AND  
NUTRIGENOMICS EDUCATOR

THEME : YOGA BEYOND ASANAS  
TIME: 11 AM ONWARDS

**29TH JUNE**

**SPEAKER: BALAGANAPATHI DEVARAKONDA**



PROFESSOR & HEAD,  
DEPARTMENT OF PHILOSOPHY,  
UNIVERSITY OF DELHI

THEME : PATANJALI'S ASHTANGIK  
YOGA MARGA  
TIME: 11 AM ONWARDS

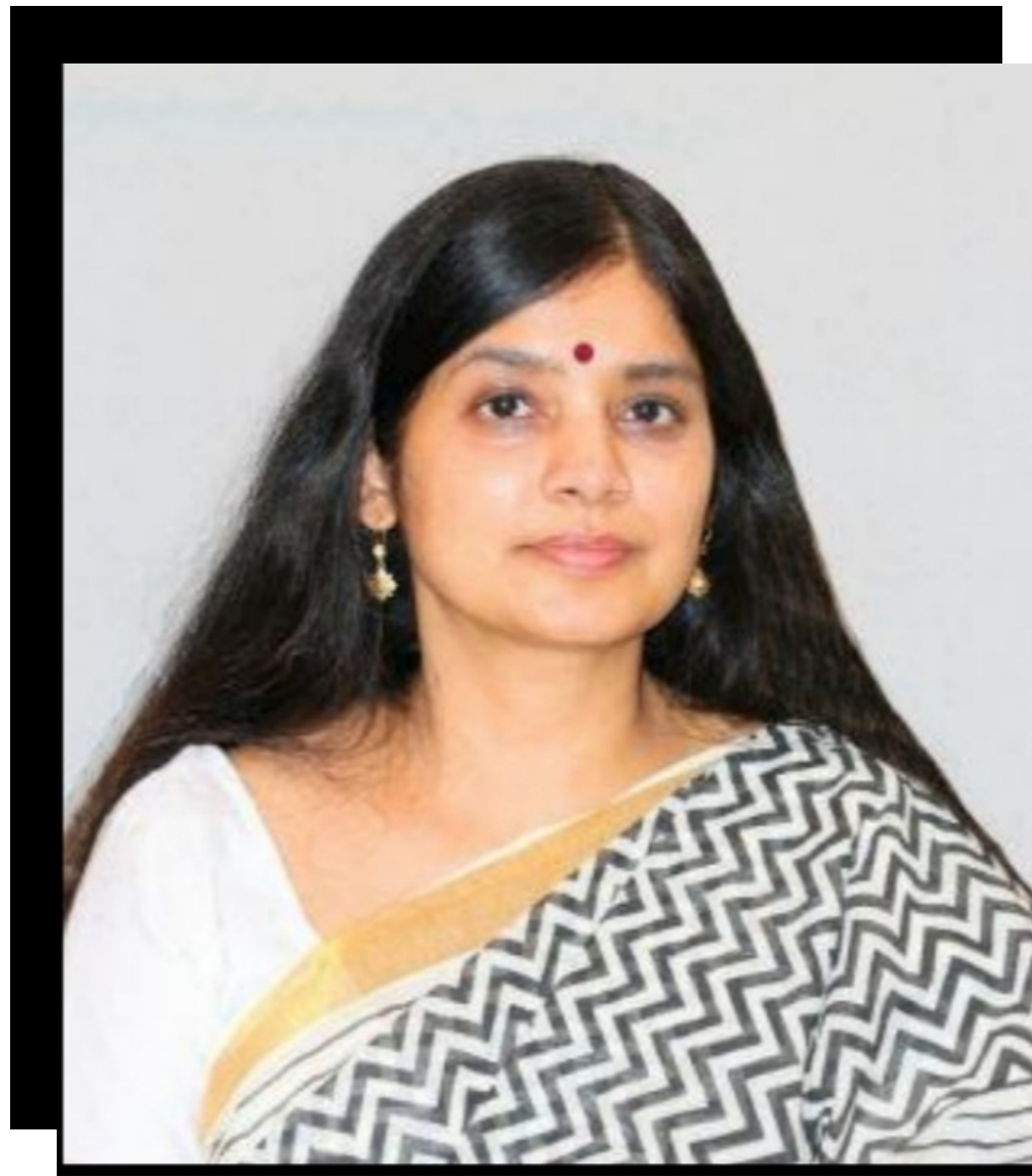
## UNIFYING BODY & MIND WITH YOGA

23rd June'21 - 29th June'21





# MESSAGE FROM THE PRINCIPAL



## **DR. BIJAYALAXMI NANDA**

**The course epitomises the need for integral values based on balance, gratitude and equanimity. Yoga is the ancient philosophy unifying the mind, body and soul. It will facilitate holistic learning.**

**The sessions with practitioners and academicians will provide an in-depth knowledge of the many facets of the subject.**



# MESSAGE FROM NSS PROGRAMME OFFICER



**DR. REKHA KUMARI**

Yoga can be described as a whole spiritual and scientific temperament to put both our body and mind in sync. The goal of living a healthy and happy life is most important for any human being. To inculcate this serene life style and reaping the benefits of our vast knowledge about Yoga, 21st June was declared and being celebrated as the International Yoga Day around the world. We, at Miranda House too duly recognize the importance of Yoga and trying to contribute in the popularization and educating our students in a formal way conducting a weeklong certificate course called titled, “Unifying Body and Mind with Yoga”.

The course offers a series of insightful lectures by esteemed speakers, which aim to shed light on the 20-20-20 formula. These are unfortunately difficult times for everyone due to the ongoing COVID-19 pandemic, which makes the Yoga practice even more helpful to control our negative thoughts and keeping us both mentally and physically fit. We hope the course will make participants to learn more about science and benefits of Yoga.

Wishing everyone energetic, peaceful and happy learning!!!!

# MESSAGE FROM NCC CARETAKER OFFICER

Since the 80s, the ancient Indian discipline of yoga has been taking the western world by storm. Yoga is not a religion, it is a way of living that aims towards a healthy mind in a healthy body. The art of practicing yoga helps in controlling an individual’s mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move.

June 21 is marked as the annual International Day for Yoga to celebrate the ancient Indian art of healthy living. Translating into “unity” from Sanskrit, Yoga intends to unite the body and mind to bring harmony. Therefore, we at Miranda while acknowledging the importance of Yoga, have taken up an initiative to conduct a week-long certificate course called “Unifying Body and Mind with Yoga”.

This session will be packed with series of rejuvenating lectures with eminent speakers that will increase productivity and knowledge. Moreover, there will be sessions of yoga, meditation, speaker sessions and journaling using the 20/20/20 formula. The 20/20/20 rule divides your first hour of the day into three equal blocks of exercise, reflection, and learning. Each new day is a new opportunity, to improve yourself, take it. And make the most out of it!



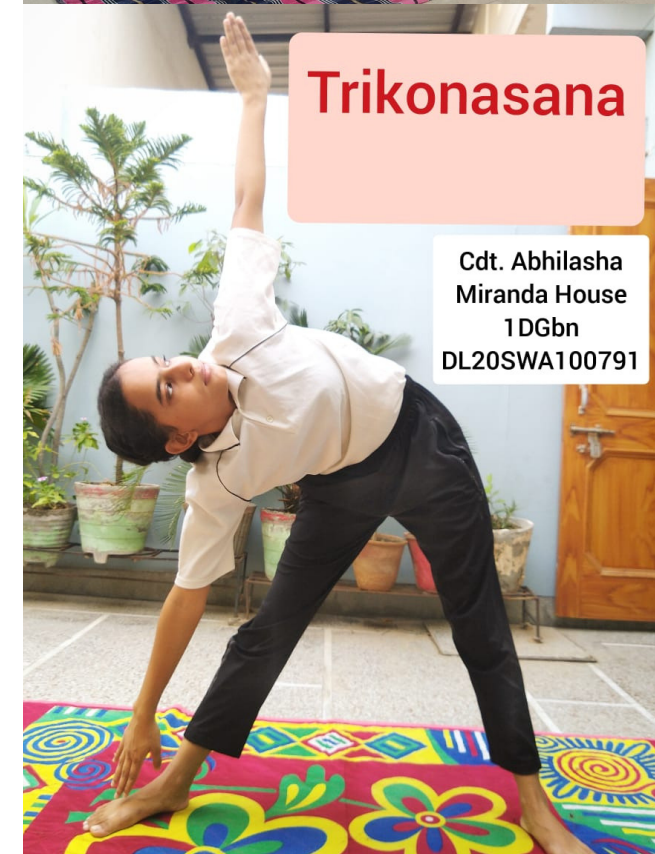
**CTO DR. ARCHANA  
KUSHWAHA**



# OBJECTIVES OF THE COURSE



- Yoga, Sanskrit for "yoking" or "union", is a group of physical, mental, and spiritual practices or disciplines that originated in ancient India. Yoga is one of the six orthodox philosophical schools of Hinduism.
- The sole purpose of Yoga is to establish the union of body, mind and soul and establish balance between these three elements. It further helps in overcoming the dualities of mind and body that most of us experience in the modern world due to competitive and stressful environments that we live in.
- Our aim is to help participants increase productivity and reach their fullest potential through a series of revitalizing lectures with eminent speakers to ensure holistic development of the mind and body based on the 20-20-20 success formula. This formula comprises three segments to train your body, mind and spirit, like a winner. It focuses on practicing Yoga for the Body, meditation for spiritual rejuvenation and journaling to train your mind to have a winning mindset .
- The pandemic has taken a huge toll upon the mind and body. It's vital to keep a check on physical as well as mental health, and practicing yoga can surely assist people to do so. Therefore, through this webinar, we wish to develop a multi-dimensional understanding, about various yogic practices, and the associated benefits, which can help us to achieve a holistic well-being.
- Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment. It helps develop breath and strength of mind and body. It's not about physical appearance. Yoga studios typically don't have mirrors. This is so people can focus their awareness inward rather than how a pose — or the people around them — looks. Surveys have found that those who practiced yoga were more aware of their bodies than people who didn't practice yoga. They were also more satisfied with and less critical of their bodies. For these reasons, yoga has become an integral part in the treatment of eating disorders and programs that promote positive body image and self-esteem.
- Mindfulness refers to focusing your attention on what you are experiencing in the present moment without judging yourself. Practicing yoga has been shown to increase mindfulness not just in class, but in other areas of a person's life.





# DAY 1 - ADVANCED YOGA ASANAS TO FIRE UP YOUR FLOW!

Yoga is far more than a physical practice. It is a science that, when fully practiced both on and off the yoga mat, can enhance and advance one's life.

Advanced Yoga is the ability to do more complicated poses which require a great deal of balance, strength and flexibility. Both things you get from doing a lot of yoga over a long period. Advanced poses include intense backbends (wheel pose, for instance), inversions (like forearm stand) and arm balances, often combined in complex ways. Standing balances and binds, such as bird of paradise, are also in the mix.

In this uptight world of social upheavals, emotional outbursts, and stubborn attitude, gain some flexibility in your life by practicing the ancient art of Yoga. This session with Trishee ma'am will advance your understanding of yoga asanas by adopting a dedicated approach of self-practice and determination, and practising these poses will indeed help you to fire up your circulation.

"We use the postures to get into the body...not the body to get into the postures."



## TRISHEE JAIN

Trishee Jain is a Yoga preceptor and a wellness enthusiast. Helpful, empathetic and flexible are 3 traits that describe her the best. After working as a luxury brand management professional, she outgrew of the hustle bustle lifestyle and decided it was vital for her to take a breather. Having been very flexible physically from the start, she decided to join a yoga class out of interest but life had other plans. After continuing to learn, practice yoga for months, she observed lots of positive changes in myself - both in terms of physical and mental health. That's when I decided that this is how I want to give back to the society and take the legacy of yoga forward in my own stride. She finished her training in RYT 200hours & RYT 500hours certified from Yoga Alliance USA. Along with finishing a Pregnancy Fitness and Education course and an online Food & Health course from Stanford. It's been more than 3 years of her- teaching, practicing and sharing the ancient gift of Yoga with people from all over India & abroad. Through yoga lessons she is helping people with weight loss, PCOD, thyroid, diabetes and in recovery from covid-19.



In our battle to do and achieve so many things we often forget the requirement of not just our body, but our mind and soul as well for the holistic balance of our overall health. Most of us overlook how big an effect the food we intake, has on our body and mind. We feed our body and often forget to take time to nourish our mind and soul.

As the famous quote goes, YOU ARE WHAT YOU EAT, the food we consume nourishes trillions of our body cells and plays an important role in our physical, psychic and spiritual development.

The word diet usually implies that one will be restricted or deprived of what he/she can eat or is just the eating habits and choice of food, but dieting is the way of life; for a pleasurable, sustainable and joyful way of eating and therefore living. It encompasses the mind, body, soul connection.

With the preponderance of superfoods, nutrition philosophies available today, understanding the food that nourishes our mind-body-soul is confusing. The session with Garima ma'am offers you an entirely different paradigm to understand the right and nourishing food for our body and mind. This session will give you insights into our own body so that we can make profound changes in our eating habits to empower health and boost our energy.



## GARIMA GOYAL

Garima Goyal is a well known dietician, nutritionist and diabetes educator from Ludhiana, Punjab. She helps people to improve their eating habits and behaviours to build a healthy lifestyle through training and exercise.

She is an expert in diabetic counselling, weight loss and PCOD/PCOS. With huge fan followers on social media her work is immensely popular among people who wish to remain fit and healthy. Garima ma'am has written numerous articles and were published in newspapers and portals and is always committed to assist people around her to lead a healthy lifestyle. Garima ma'am is a qualified professional who has gained several valuable degrees from PAU Ludhiana and Monash University, Australia. She has also obtained training at renowned institutions like DMCH, CMC Ludhiana and Medanta, the Medicity Gurgaon. Her journey is defined by her excellence and enthusiasm to guide her clients to become healthy both mentally and physically.

With an undying passion to help people become fitter and better, Garima ma'am is an inspiration to many young professionals.



Yoga is a spiritual science of self-realisation that has been developed in India thousands of years ago. Through Yoga we learn to master our body and mind to cultivate inner stillness and an ever growing realization of the innermost essence (soul). The traditional practice of Yoga is holistic by nature and includes every aspect of life. These aspects include universal ethics (Yama), personal ethics for self-purification (Niyama), body cultivation through practice of postures (Asana), mastering of energy through breathing exercises (Pranayama), control over the senses of perception (Pratyahara), concentration (Dharana), and meditation (Dhyana). Yoga teaches us that when we manage to bring those layers into harmony and alignment, fragmentation disappears, integration is achieved and unity is established.

The session with Dr. Navneet Chopra, will apprise you with the multitude of benefits associated with Yoga, and its essence in the daily life. This session offers an insight on how yoga has profound effect on whole body, promoting greater health and vitality, better concentration, and a happier life.



## DR. NAVNEET CHOPRA

Dr. Naveet Chopra, is currently an Assistant Professor, in the department of Philosophy, University of Delhi. He completed his MA in Philosophy from Panjabi University, Patiala, before going on to do his M.Phil, and PhD from Panjab University. His areas of interest and specialty are Philosophy of Cognitive Science, Philosophy of Mind, Philosophy of Psychiatry, Philosophy of Language, Phenomenology, Existentialism, Analytic Philosophy (later-Wittgenstein), Consciousness Studies, Comparative Psychology, cognitive-developmental, psychology, Post-Structuralism, etc. The subjects that he holds expertise over, and has taught them, includes Metaphysics and Epistemology (Indian and Western), Logic, Ethics, Elements of Philosophy (philosophy of science, religion, modern Indian thinkers, etc.) at the undergraduate (BA) level, and, theories of Consciousness, Mind, Modularity, and Cognition, Analytic Philosophy, Continental Philosophy 1, Continental Philosophy 2, The Meaning of Life (IDC course) at the Postgraduate (MA) level.



# DAY 4 - YOGA & MEDITATION FIGHT STRESS AND FIND SERENITY

"Yoga is the dance of every cell with the music of every breath, that creates inner serenity, and harmony."

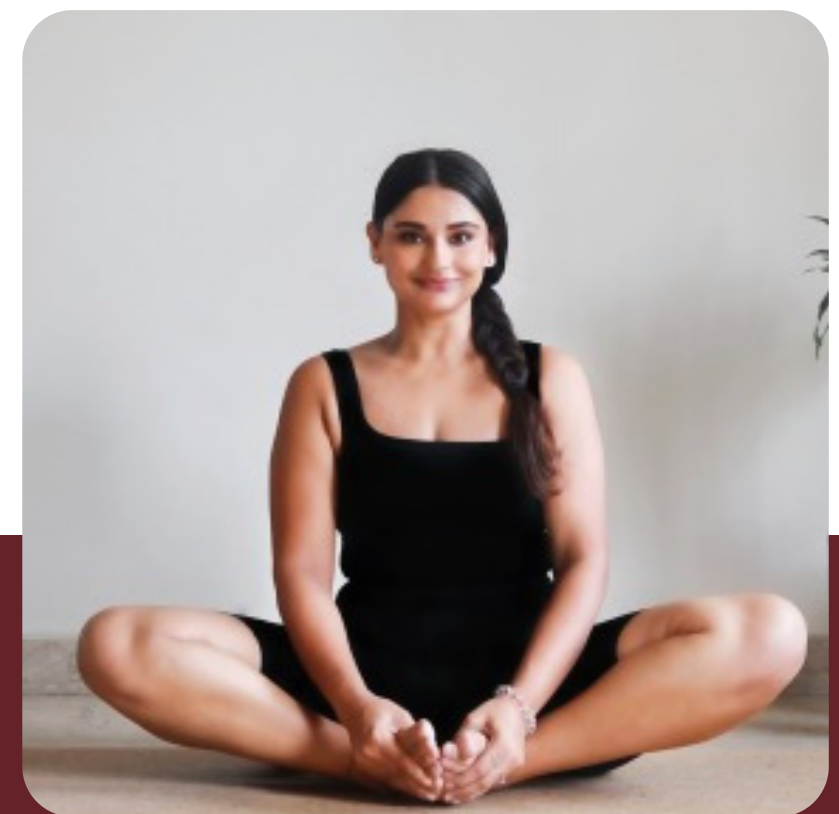
As per Yogic scriptures the practice of 'Yoga' leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament.

An exquisite methodology exists within the yoga tradition that is designed to reveal the interconnectedness of every living thing. This fundamental unity is referred to as advaita. Meditation is the actual experience of this union.

As defined by the sage Patanjali, Yoga is 'Chitta Vriti Nirodhah', promoting the unison of body and mind and envisages wellness of human beings both physical, mental and spiritual.

Meditation is a part of yoga Which deals with mental relaxation and concentration. Here, attention is focused on thoughts and breath.

Being aware of breathing automatically controls the thought process and thus relaxes mind completely. The Self is always there, it is the mental turbulences that prevent us from seeing the Self.



## KRITI SOOD

Kriti Sood did her studies in Fashion from Italy and has worked in fashion industry, for a couple of years, But, later on she got interested in Yoga, and found serene in it. She started practicing yoga 2 years ago and, it brought about a major transformation in her life. Yoga helped her get rid of various health issues, she had been faing back then, She took training to be a yoga teacher with 500 hours of training, certified by Yoga Alliance, USA. Yoga for her is more than just a discipline. It's a way of life which develops one's inherent power in a balanced manner, and a golden key to unlock doors of peace, and tranquillity.



# DAY 5 - YOGA, MINDFULNESS AND POSITIVE MENTAL HEALTH

"The most fundamental aggression to ourselves, the most fundamental harm we can do ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently." – Pema Chödrön

Mindfulness is an inner capacity or resource that everyone can cultivate, and one that can be very helpful for overcoming suffering and achieving greater freedom and happiness.

It can be tough to be mindful in a society that is fast paced and intent on getting as much done as possible in as little time as possible. It is almost as if rushing and speeding through life is valued and slowing down or pausing before acting is discouraged. Many of us know that, as a result of speeding along through life, we often miss out on important information or cues from the environment. When we are not being mindful, there is a tendency to feel numb, spacey, rushed, or frantic. Simply noticing that this is occurring is the first step towards intervening and making the choice to slow down and become mindful.

Mindfulness means noticing and accepting this moment... right now. Once you accept what is, you have the power to change this present moment into what it may become.



## DR. SHALINI SHARMA

Professor Shalini Sharma is an Assistant Professor in Psychology department, an active member of women development cell and convener of eco club in Ramanujan college, University of Delhi. Her research paper titled 'stability and change : a revisit' is published in ICFAI journal of organizational behaviour and a research paper titled 'organizational change in publication industry : a case study from a qualitative perspective' is published in the conference proceedings of NAOP, IIT Kanpur in 2007. Her areas of interest include spirituality and intelligence. She has organized and participated in numerous seminars and has presented research paper and articles in many annual workshops and conferences of renowned institutions. Her work in field of academia is doing wonders and she is truly an inspiration for many young professionals.



"The body is my temple, asanas are my prayers."

- BKS Iyengar

Most people know, in a roundabout sort of a way, that yoga originated in India. But many have no clue about when it originated. A little background check on yoga takes us back to many, many centuries in ancient India – a time when some people actually seemed to dedicate their time to spiritual evolution and pursuits quite seriously.

Somewhere in the 2nd or 3rd century, Sage Patanjali, one of the most renowned scholars of Indian philosophy, and more relevantly to yoga, gathered all the diverse texts together and compiled them into crisp pearls of wisdom. He literally strung them together into little verses that held the complete mystery, knowledge and wisdom of these Universal Truths. These verses, or aphorisms, aptly likened to threads – sutras – that hold these pearls of wisdom, if you will, in the classical language of its composition – Sanskrit.

And so, came about, a Universal treatise on one of the most revered texts in Yoga Philosophy – 196 sutras or aphorisms – The Yoga Sutras of Patanjali.



## MS. CHETNA RAI

Chetna Rai is a Diabetic educator and Nutrigenomics counsellor and she has done her post graduation in Clinical Nutrition and Dietetics from SNDT University and her graduation in Life Sciences from Ramjas College, University of Delhi. She has worked with Shah Rukh Khan's Personal Trainer, Prashant Sawant as the chief Clinical and Sports Dietitian at his personal training fitness studio Body-sculptor in Mumbai. While working at Body-sculptor, she gave diet counselling to many celebrities and Miss India 2019 Suman Rao, Miss India United and Miss India United continents, Shreya Shankar and Shivani Jadhav respectively. She took training to be a yoga teacher with 200 hours of training certified by Yoga Alliance, USA. She is a certified yoga teacher from Rishikesh Yoga Teacher training Centre.

She has been working on improving the dietary habits and Nutritional intake of her clients and helping them manage Diabetes, Hypertension, PCOD, Thyroid, Obesity, Malnutrition, cardiac and psychological diseases (depression, anxiety,



Ashtanga yoga, ("the eight limbs of yoga") is Maharishi Patanjali's classification of classical yoga, as set out in his Yoga Sutras. He defined the eight limbs as yamas (abstinences), niyama (observances), asana (postures), pranayama (breathing), pratyahara (withdrawal), dharana (concentration), dhyana (meditation) and samadhi (absorption).

The eight limbs form a sequence from the outer to the inner. Postures, important in modern yoga as exercise, form one limb of Patanjali's scheme. This dynamic, physically demanding practice synchronizes breath and movement to produce an internal heat designed to purify the body. Ashtanga yoga, with its many vinyasas, is great for building core strength and toning the body.

In the Ashtanga Yoga method nothing is meant to be easy on your first try. This is part of the lesson of the practice. Instead of making the practice easy, the method asks you to make your mind strong. If you accept your failure and learn to love yourself anyway, you're practicing a valuable life skill. You should feel somewhat overwhelmed in the midst of your first Ashtanga Yoga practice. It gets better after many years!



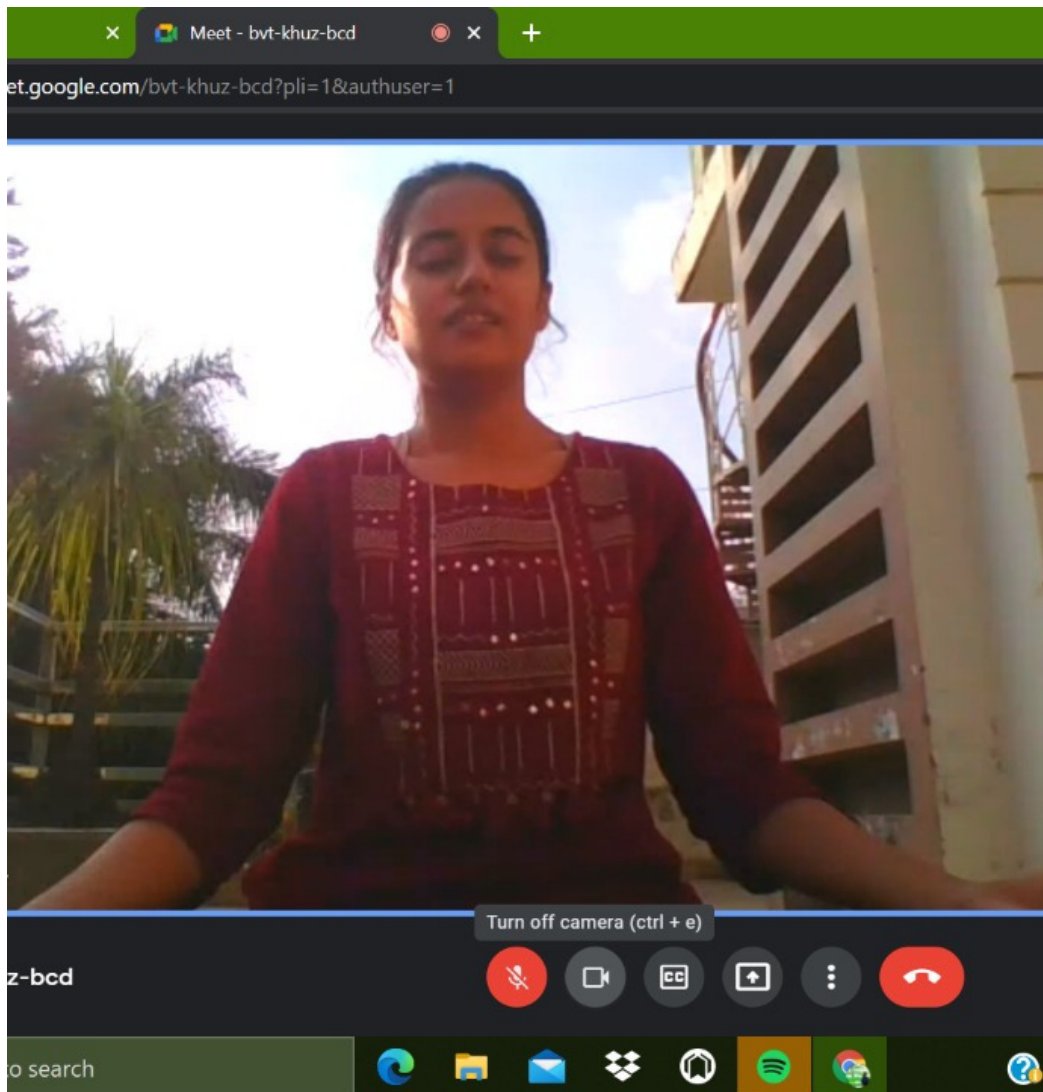
## BALAGANAPATHI DEVARAKONDA

Professor Balaganapathi Devarakonda is the head of the Department of Philosophy, University of Delhi. He is well known for his specialisation in Social and Political Philosophy, Historiography of Indian Philosophy, Philosophy of Religion and Human rights. He has authored three books namely, 'Social and Political Philosophers of Modern Andhra', 'Dravidian Language and Culture' and 'Globalisation, Multiculturalism and the International Order'. He is a life member of the Indian Philosophical Congress, Folklore Society for Southern Indian Languages and International Society for Philosophers and associate member of the Council for Research in Values and Philosophy.

His work in the field of academia is doing wonders in encouraging people to talk about Indian Philosophical thought and yoga. Apart from being an educator and scholar he is inspiring people every day and giving them food for thought on various health issues. With an undying passion to help people become fitter and better, sir is an inspiration to many young professionals.



# WIN HOUR

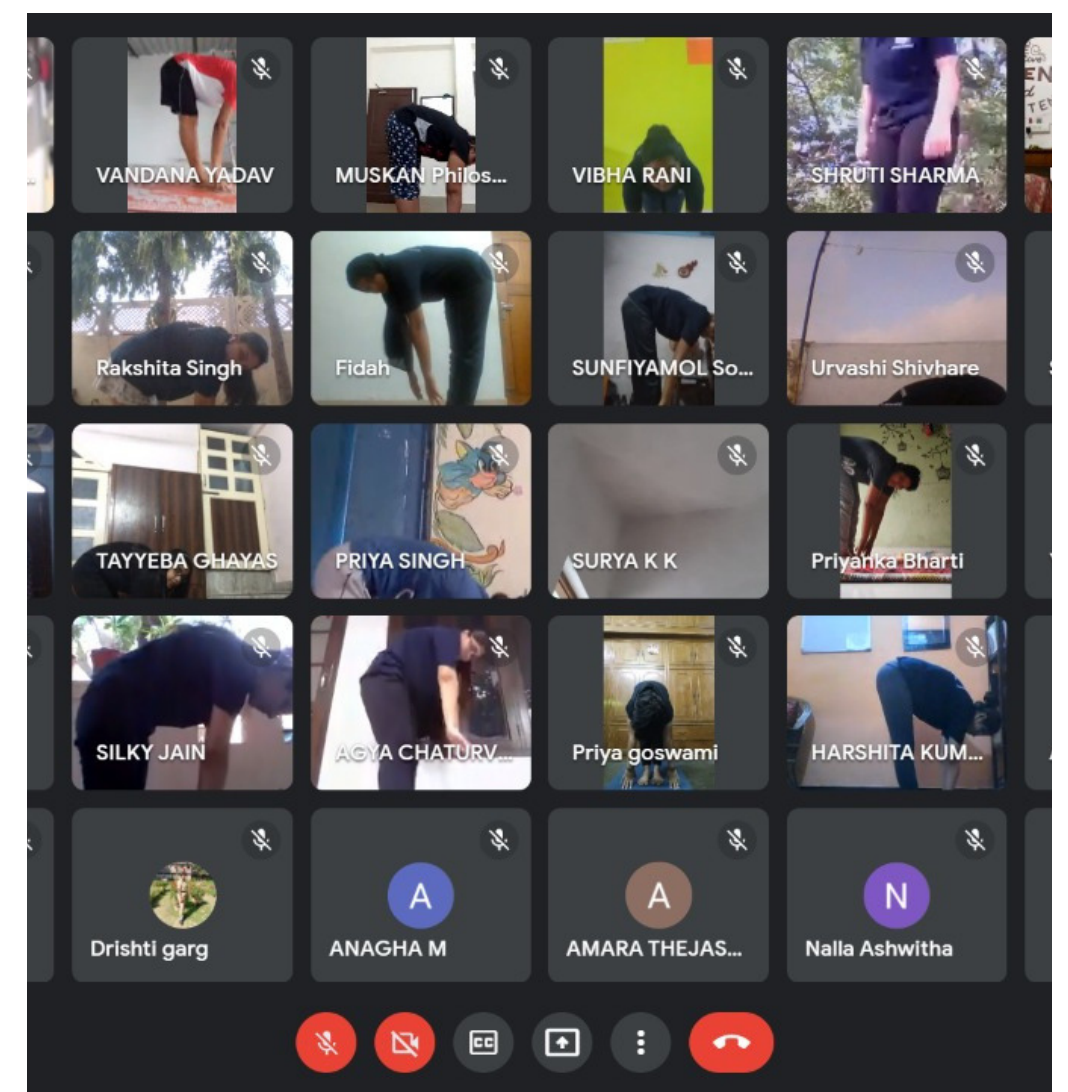


Win Hour is an 8-week program organized for celebrating International Day of Yoga, 2021. In this program, yoga sessions are conducted every Saturday and Sunday from 5:45 am to 7:00 am starting from June 12, 2021.

This one hour is utilized for practicing Yoga, meditation and journaling. The aim of these sessions is to encourage students to adopt a healthy lifestyle.

This initiative is based on the 20-20-20 success formula. This formula comprises 3 segments to train your body, mind and spirit for 20 minutes each, like a winner.

It focuses on practising Yoga for the body, Meditation for spiritual rejuvenation and journaling to train your mind to have a winner mindset for the day. The activity also includes acknowledging our blessings and making positive affirmations to start the day on a positive note.



Simran Kapoor is an ex-NCC cadet from Miranda House NCC Coy. She has represented India as a Youth Ambassador in Perm Cadet Corps, Russia and won the Youth Rally Winner Medal. She has also been awarded the DG Commendation Card and DG Appreciation Award. During her tenure, she participated in the Republic Day Camp and won the All India Best Master of Ceremonies gold medal, while performing at the PM and President residence and hosting major events for the COAS, CAS, CNS, and the Defense Minister..



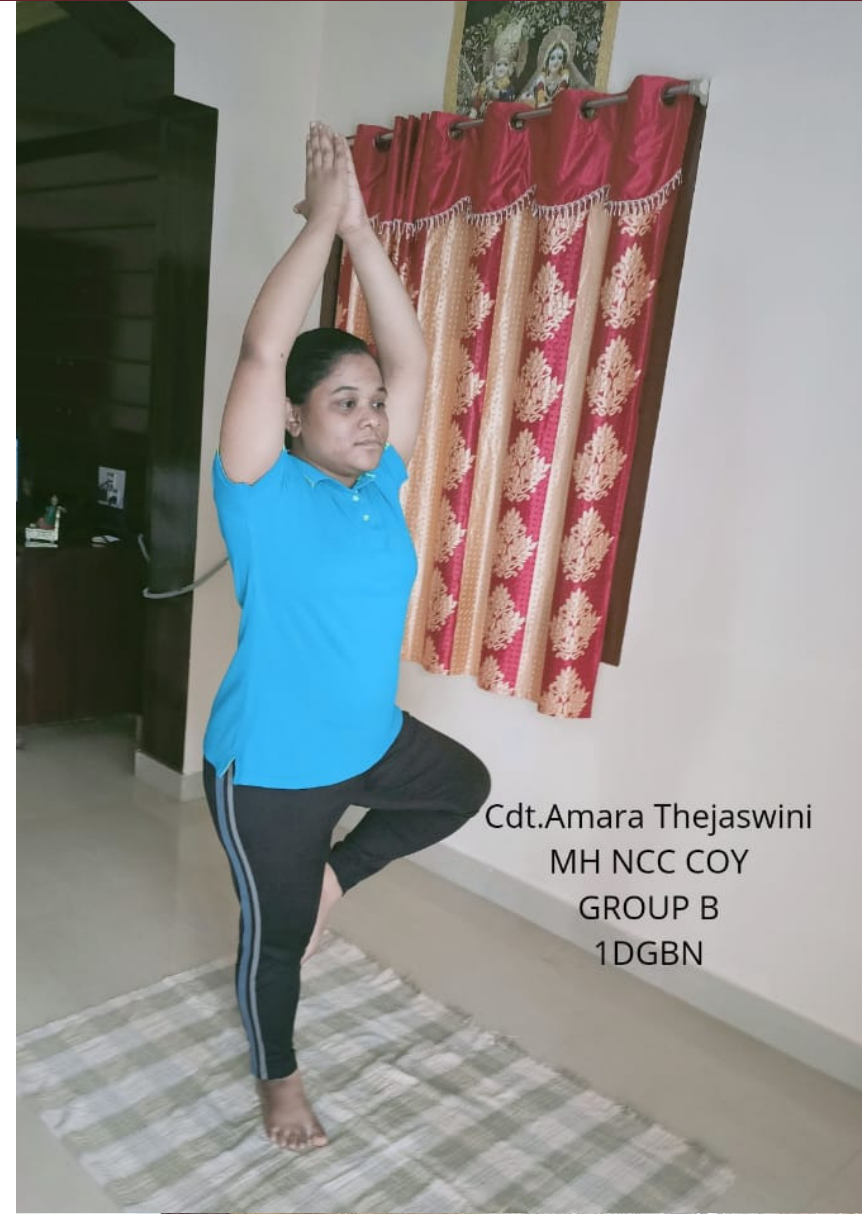
# YOGA

मनःप्रशमनोपायो योग इत्यभिधीयते॥

“The recourse to pacify the mind is called yoga.”

The mind is the only reason for confinement and salvation of a person. Derived from the Sanskrit word ‘yuj’ which means ‘to unite or integrate’, yoga is a 5,000-year-old Indian body of knowledge all about harmonizing the body with the mind and breath. Through the means of various breathing exercises (pranayamas), yoga poses (asanas) and meditation one can experience the correspondence of the conscious and the subconscious, a state of yoga, a joyful and ecstatic, fulfilling experience. It is believed that the yoga awakens the self. It is a modus operandi to wake up to who or what we truly are and to what life is all about. It is like a vista that allows us to know more of ourselves and a thread that yokes us to life. Yoga reveals the luminous intelligence and the beauty that lies within us.

Traditional Yoga emerged as a cluster of ascetic practices (tapas), concentration and bodily postures used by Vedic priests to conduct yajna in ancient India, suggestively the Indus Valley Civilization. Down the line it evolved into an assemblage of physical exercises, meditation and spirituality. The Yoga Sutras authored by the peerless Indian sage Patanjali are widely regarded as the first compilation of the formal Yoga philosophy. Yoga popularized in the West supervening the success of Swami Vivekananda’s adaptation of Yoga without asanas during the outset of 20th century. In the context of the Modern World, Yoga connotes an exercise, consisting largely of the asanas. Outside India, it has transmuted into a posture-based physical fitness, stress-relief and relaxation technique. Research studies have shown that traditional yoga systems that include pranayama (breathing exercises) and asanas (postures), chants, and dhyana (meditation) can reduce stress and improve immunity and lung functions. Traditional forms and modern methods of yoga are practiced worldwide.



Cdt. Amara Thejaswini  
MH NCC COY  
GROUP B  
1DGBN



Cdt. Himanshi Jangra  
MH NCC COY  
1DGBN, Group B  
Shishuasana





# INTERNATIONAL YOGA DAY



International Day of Yoga is observed on June 21st per annum. This day usually marks the summer solstice in the Northern Hemisphere and the winter solstice in the Southern Hemisphere, which is the day of the year with the most hours of daylight in the Northern Hemisphere and the fewest hours of daylight in the Southern Hemisphere. On September 27th, 2014 Indian Prime Minister Shree Narendra Modi pioneered the abstraction of celebrating an International Day of Yoga in the United Nations General Assembly. After its inception by the UNGA, the International Day of Yoga was revered on June 21st, 2015 for the nascent around the world. In India, the Ministry of AYUSH orchestrated the arrangements for 35,985 yoga enthusiasts, including PM Modi and dignitaries from 84 sovereigns, to stretch and twist into 21 asanas (yoga postures) for 35 minutes at Rajpath in New Delhi, corporealising the largest yoga class ever held, and with the colossal number—84—of part taking nations.

The UN website spells out the theme for International Yoga Day 2021 as 'Yoga for well-being', in essence how the practice of Yoga can promote the holistic health of every individual. With the COVID-19 pandemic exacerbating psychological suffering and mental health problems, many people have been embracing Yoga to stay healthy and to fight isolation and depression. Yoga plays an important role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. During the COVID-19 pandemic, the mental and physical beings of individuals came under dire stress and Yoga came to their rescue. Various media reports suggest that many people after recovering from COVID-19 were left in psychological suffering, depression, and anxiety. Yoga has proved beneficial to those dealing with such mental crises and has been useful in allaying fears. As per the UN, the message of Yoga in promoting both the physical and mental well-being of humanity has never been more relevant. The World Health Organisation (WHO) has also asked its member states to practice Yoga and has included it in its Global Action Plan for physical activity 2018-30. This sidereal day to eulogise Yoga brings forth the time and tide to embark on the voyage of the self, to the self, through the self.

“Master your breath,  
Let the self be in bliss,  
Contemplate on the sublime within you”



# ABOUT THE ORGANIZING INSTITUTIONS

## National Service Scheme

The National Service Scheme (NSS) is a Central Sector Scheme of the Government of India, Ministry of Youth Affairs & Sports. The sole aim of the NSS is to provide hands-on experience to young students in delivering community service. The motto of the National Service Scheme is “NOT ME BUT YOU”. The programme instils the idea of social welfare in students and provides service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity.

Being an active member, these student volunteers have the exposure and experience to be the following:

- an accomplished social leader
- an efficient administrator
- a person who understands human nature

NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community—especially villages—linkage. NSS helps the students to develop a sense of selfless service and appreciation of the other person's point of view and also to show consideration for fellow human beings.

The philosophy of NSS underlines that the welfare of an individual is ultimately dependent on the welfare of society as a whole.

These volunteers strive for the overall well-being of society and the environment.



# ABOUT THE ORGANIZING INSTITUTIONS

## National Cadet Corps

The National Cadet Corps (NCC) is the youth wing of the Indian Armed Forces and it comes under the Ministry of Defence. It is a tri-service organisation which recruits cadets from high schools, colleges and Universities on a voluntary basis. The Cadets are given basic military training in small arms and parades. The officers and cadets have no liability for active military service once they complete their course but are given preference over normal candidates during selections based on the achievements in the corps.

The motto of NCC is “UNITY AND DISCIPLINE”(Ekta aur Anushasan).

The organisation aims to:

1. Develop qualities of character, courage, comradeship, discipline, leadership, secular outlook, spirit of adventure and sportsmanship and the ideals of selfless service among the youth to make them useful citizens.
2. Create a human resource of organised trained and motivated youth to provide leadership in all walks of life including the Armed Forces and be always available for the service of the nation.

The NCC cadets also worked hand in hand with the Civil Defence authorities. NCC now lays a greater stress on developing qualities of leadership and Officer-like qualities. The military training which the NCC cadets received is reduced and greater importance is given to areas like social service and youth-management.



# ORGANIZING TEAM

## Patron

Dr. Bijayalaxmi Nanda  
(Acting Principal, Miranda House)

## Co-ordinators

Dr. Rekha Kumari (NSS Programme Officer)  
Dr. Archana Kushwaha (Convenor, MH NCC)

## Student Team

SUO Arukshita Tyagi  
Amita Singh (President, NSS, MH)  
Medha Dwivedi (Vice President, NSS, MH)  
CSM Sagarika Bose  
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