



# GOVERNMENT COLLEGE OF EDUCATION

## SECTOR 20-D, CHANDIGARH-160020



### Value Added Course : YOGA AND FITNESS

#### Report

Government College Of Education Sector-20D organised a Value Added Course on YOGA AND FITNESS for B.Ed., M.Ed and PGDG&C students. The course began on 23th December, 2022 till 7th January, 2023. Course coordinator Dr. Neelam Paul and yoga instructor Mr. Harcharan Singh managed the program. Various asanas were introduced through the course like Tadasan, Vrikshasan, Hasttianasana, Padhastasana, Trikonasana, Padmasana, Vajrasana, Paschmitasana, Makrasana, Bhujangasana, Shavasna etc. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also added for the benefit of the students. Student participated with full interest, enthusiasm and eagerness.

#### **Day 1: 23th December, 2022**

On the day one, Mr. Harcharan singh introduced him and gave brief details about the course to the students. He briefly explained the importance of fitness and health. He also shared his journey of being a yoga instructor with everyone and beautifully defined the actual meaning of yoga in one's life. Keeping the first day to very normal extent, he started the course work with a general warm-up with all students. With each exercise he performed, he explained the benefits as well as precautions to the students. Also he talked to students about their problems, deformities and general concern regarding their physical health. Being a therapist, he listened each student's problem attentively and respectively responds and guides them to get cure or being careful about their concern. With this, the first day was ended with 5 minute meditation.

#### **Day 2: 24th December, 2022**

Day two began with Sukarham vyam with Om Om Om, Grevachalan, Sakandhchalan chakra, Katichalan and Ghutnasanchalan. Mr. Harcharan singh instructed students about various asanas like Tadasan, Vrikshasan, Hasttianasana, Padhastasana, Trikonasana, Padmasana, Vajrasana, Paschmitasana, Makrasana, Bhujangasana, Shavasna etc. He also worked on stretching abilities of students. On each level of performing these asanas, he helped everyone and also took care about the precautions being taken. At the end, he ended the session with a general round of meditation.

#### **Day 3: 26th December, 2022**

Day three began with same repeating the previously introduced Sukarham vyam with Om Om Om, Grevachalan, Sakandhchalan chakra, Katichalan and Ghutnasanchalan. He further instructed students about performing Tadasan, Vrikshasan, Hasttianasana,

Padhastasana, Trikonasana, Padmasana etc. He respectively worked and took check on stretching abilities of students. On each level of performing these asanas, he took care about the precautions being taken. At the end, he ended the session with a general round of meditation.

**Day 4: 27th December, 2022**

Day four began with Sukarham vyam with Om Om Om, Grevachalan, Sakandhchalan chakra, Katichalan and Ghutnasanchalan. He further instructed students about performing Vajrasana, Paschmitasana, Makrasana, Bhujangasana etc. He respectively worked and took check on stretching abilities of students. On each level of performing these asanas, he took care about the precautions being taken. At the end, he ended the session with 5 minutes of meditation.

**Day 5: 28th December, 2022**

Day five began with general warm-up. Mr. Harcharan singh guided the students to hold the positions of Tadasan, Vrikshasan, Hasttianasana and Padhastasana for at least 5-10 seconds. He worked on holding abilities of students. On each level of performing these asanas, he helped everyone and also took care about the precautions being taken. At the end, he ended the session with a general round of meditation.

**Day 6: 29th December, 2022**

Day six began with general warm-up. Mr. Harcharan singh guided the students to hold the positions of Trikonasana, Padmasana and Vajrasana for at least 5-10 seconds. He worked on holding abilities of students. On each level of performing these asanas, he helped everyone and also took care about the precautions being taken. At the end, he ended the session with a general round of meditation.

**Day 7: 30th December, 2022**

Day seven began with general warm-up. Mr. Harcharan singh guided the students to hold the positions of Paschmitasana, Makrasana and Bhujangasana for at least 5-10 seconds. He worked on holding abilities of students. On each level of performing these asanas, he helped everyone and also took care about the precautions being taken. At the end, he ended the session with a general round of meditation.

**Day 8: 31th December, 2022**

Day eight began with general warm-up. As students got familiar with each asanas, so Mr. Harcharan started working on posture of the asanas performed by students including Tadasan, Vrikshasan, Hasttianasana and Padhastasana. He professionally kept the individual differences and abilities of students under focus and on each level of performing the proper posture of respective asana, he took care about the precautions being taken. At the end, he appreciated the students about their learning and performance.

**Day 9: 2nd January, 2023**

Day nine began with physical concern of students as after holding the posture of asana, there should be some cramp issues. On day nine, Mr. Harcharan started working on posture of the asanas performed by students including Trikonasana, Padmasana and Vajrasana. He professionally kept the individual differences and abilities of students under focus and on each level of performing the proper posture of respective asana, he took care about the precautions being taken. At the end, he provided or guide students about their physical health.

**Day 10: 3rd January, 2023**

Day ten again began with physical concern of students as after holding the posture of asana, there should be some cramp issues. On day ten, Mr. Harcharan started working on posture of the asanas performed by students including Paschmitasana, Makrasana and Bhujangasana. He professionally kept the individual differences and abilities of students under focus and on each level of performing the proper posture of respective asana, he took care about the precautions being taken. At the end, he provided or guide students about their physical health.

**Day 11: 4th January, 2023**

As each student got enough knowledge regarding asanas being practiced in past days and also worked on holding postures of respective asanas, on day 11<sup>th</sup>, Mr. Harcharan discussed about performing yog-asanas on the workshop that is going to be held on 7<sup>th</sup> January. He planned a list of asanas in sequence and discussed with students how to represent these asanas with an effective look. He asked each student to perform asana like Tadasana, Vrikshasan, Hasttianasana, Padhastasana, Trikonasana, Padmasana etc. And sortlist the students for final day performance.

**Day 12: 5th January, 2023**

Day 12<sup>th</sup> was began with doing regular asanas like Tadasana, Vrikshasan, Hasttianasana, Padhastasana, Trikonasana, Padmasana, Vajrasana, Paschmitasana, Makrasana, Bhujangasana, Shavasna etc. Further, there was a practice session for the final performance of student on the workshop.

**Day 13: 6th January, 2023**

Day 13<sup>th</sup> was began with doing regular asanas like Tadasana, Vrikshasan, Hasttianasana, Padhastasana, Trikonasana, Padmasana, Vajrasana, Paschmitasana, Makrasana, Bhujangasana, Shavasna etc. Further, there was a practice session for the final performance of student on the workshop.



### **Day 14: 7th January, 2023**

The 14<sup>th</sup> day of value added course on yoga and physical fitness, students showcased their performance on the workshop "Art of Man Making through Vasu Dev Kriya Yoga" on 7th January, 2023 in the presence of Sh. Nitin Yadav, Home Secretary, U.T. Chandigarh and Mr. Rajender Yankannamoole, founder of Melbourne based Vasudev Kriya Yoga. The workshop began with seeking the blessings of the Almighty by chanting the GAYATRI MANTRA. Then, GCE 20D students performed a beautiful presentation on various asanas by effectively performing them on the stage. Mr. Rajender Yankannamoole congratulated the college for adding Yoga and Fitness as value added course and appreciated the performance of the students. Dr. Sapna Nanda, Principal of GCE, ended the workshop with the vote of thanks.

**LIST OF STUDENTS :** Yashika Sharma, Poonam Kumari Sharma, Poonam Rani, Priya Dadwal, Deepak Sharma, Shiwangi, Umisha, Isha Duggal, Sushma Soni, Sonu Kumar, Sourabh Kumar, Anshu

### **GLIMPSES:**







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*Sapna*  
*18/12/2023*  
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**DR. SAPNA NANDA**  
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