



(ESTD.1956)

OFFICE OF THE PRINCIPAL
C.M.DUBEY POST GRADUATE COLLEGE,
BILASPUR (C.G.)

(Accredited "A" by NAAC & The College with "Potential for Excellence")
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YEAR – 2018-19

TITLE – Life style management through Yoga

OBJECT – 1) To let people know the amazing and natural benefits of yoga.

2) To make people get used of meditation through yoga.

3) To reduce the rate of health challenging diseases all over the world.

4) To make people aware of physical and mental diseases and its solutions through practice yoga.

DATE – 21/06/2019

DURATION – 1.30 Hour

Resources – Manoj Sharma (Art of living), Ranu modi (Art of living)

ACTIVITY –

On 21 June 2019, yoga day program was organized in the college commemorate international yoga day.

Yoga is a spiritual, mental and physical practice that has been around since ages. With time, people have discovered a number of health benefits associated with yoga. Yoga does more than burning calories and strengthening muscles, it is a workout which involves both body and mind.

In which the Art of living teacher Mr. Manoj Sharma told the students and teachers about the benefits of yoga on the college campus, and also how important it is to have spirituality and come to the life of the guru.

After that started doing yoga. Perform various type of yoga exercises and asana,
And while explaining the importance of breath, your breath becomes longer,
deeper and gives more rest and increased energy.

OUTCOMES - Yoga improves strength, balance and flexibility.

Yoga like cat cow pose helps with back pain relief.

Yoga like Dog pose benefits heart health.

Yoga can mean more energy brighter moods

Yoga helps us to manage stress.

Yoga promotes better self- care.



In-Charge Principal

C. M. Dubey Principal
C.M. Dubey P.G. College
Bilaspur (C.G.)

