

## Report on Ashtanga Yoga and Meditation

A grand event on Ashtanga Yoga and Meditation was organized on 7-01-2023 at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya to bring peace, harmony, happiness and success to every soul in the world. Number of participants who attended the program were 200.

The program started at 3.05 pm in auditorium with a brief introduction about yoga by Srinidhi and Apoorva of B. Pharm 4<sup>th</sup> year, inviting the dignitaries on to the dais followed by a prayer song by Mamatha and Saipriya of B. Pharm 4<sup>th</sup> year. After lighting of the lamp by the dignitaries, Dr. T. Mamatha gave a brief introduction of the guest speaker Smt. Tara Kulkarni, M.A (Sanskrit), Yoga Instructor. The speaker started the session by reciting Bhagavad Gita slokas and with salutations to Patanjali Yogi.

The speaker conveyed the importance of Yoga by reciting a sloka in Bhagavat Gita in which Arjuna said about yoga that, yoga means calming the mind and explained about peace of mind. Mam has described about 4 padas in Patanjali Yoga.

1. Samadha Pada

2. Sadhana pada

3. Vibhuti Pada

4. Kaivalya pada.

Mam also explained about the importance of Concentration, controlling emotions and 8 different parts of Yoga system. Mam mentioned that there are 84 asanas and the importance of Pranayama in day-to-day life. Madam gave the instructions to all the students and staff to do meditation for a period of 20 minutes. Felicitation of the guest speaker was done by the dignitaries on the dais.

Finally, the program was concluded by proposing vote of thanks by student varsha.





