

## NEW ALIPORE COLLEGE

### Department of Philosophy

## REPORT OF THE ADD ON COURSE ON YOGA: A JOURNEY TOWARDS WELL-BEING

### Academic Session 2022-2023

Topic	Year of Activities	Name of Activities	Collaborative Institution	Venue	Number of Participants
<b>Yoga: A Journey Towards Well-Being</b>	8 <sup>th</sup> May- 7 <sup>th</sup> June	Add On Course	Organised by The Department of <b>Philosophy</b> , Women's Christian College, Kolkata & The Department of Philosophy, New Alipore College, Kolkata	Women's Christian College	64

### Detailed Report of the Add-On Course on Yoga: A Journey Towards Well-Being

#### 1. Introduction:

The Add-On Course on "Yoga: A Journey Towards Well-Being" was conducted during the academic session 2022-2023. This course was organized collaboratively by the Department of Philosophy at Women's Christian College, Kolkata, and the Department of Philosophy at New Alipore College, Kolkata. The aim of the course was to introduce participants to the principles and practices of yoga, focusing on its holistic benefits for physical, mental, and emotional well-being.

#### 2. Course Objectives:

The primary objectives of the course were as follows:

- ✓ To provide participants with a comprehensive understanding of the philosophy and principles underlying yoga.
- ✓ To introduce participants to various yoga practices, including asanas (postures), pranayama (breathing exercises), and meditation.
- ✓ To create awareness about the importance of holistic well-being and how yoga can contribute to achieving it.
- ✓ To promote a collaborative learning environment between Women's Christian College and New Alipore College.

#### 3. Activities:

The course comprised a series of activities aimed at achieving its objectives. These activities were spread across the academic session and included the following:

**a) Inaugural Session:** The course was inaugurated at Women's Christian College with a keynote address by a renowned yoga expert. The importance of yoga in modern life and its potential benefits were discussed.

**b) Lectures and Workshops:** Throughout the session, expert faculty members from both collaborating institutions delivered lectures on various aspects of yoga. Topics covered included the history of yoga, its different paths (Raja, Karma, Bhakti, Jnana), and the connection between yoga and well-being. Practical workshops on yoga postures, breathing techniques, and meditation were also conducted.

**c) Interactive Sessions:** Regular interactive sessions were organized to encourage participants to share their experiences, ask questions, and clarify doubts related to yoga practice and philosophy.

**d) Practical Demonstrations:** The participants were given hands-on experience in performing various yoga asanas and pranayama techniques under the guidance of experienced instructors. These practical sessions aimed to help participants develop a personal practice.

**e) Field Trip:** A field trip to a local yoga center was organized, where participants could observe different yoga classes and interact with certified yoga instructors.

**f) Culminating Event:** The course concluded with a culminating event where participants showcased their learning through group presentations, yoga demonstrations, and reflections on their journey towards well-being through yoga.

#### **4. Collaborative Institution:**

The Add-On Course was a successful collaboration between the Department of Philosophy at Women's Christian College, Kolkata, and the Department of Philosophy at New Alipore College, Kolkata. This collaboration allowed for the sharing of resources, expertise, and diverse perspectives, enriching the learning experience for the participants.

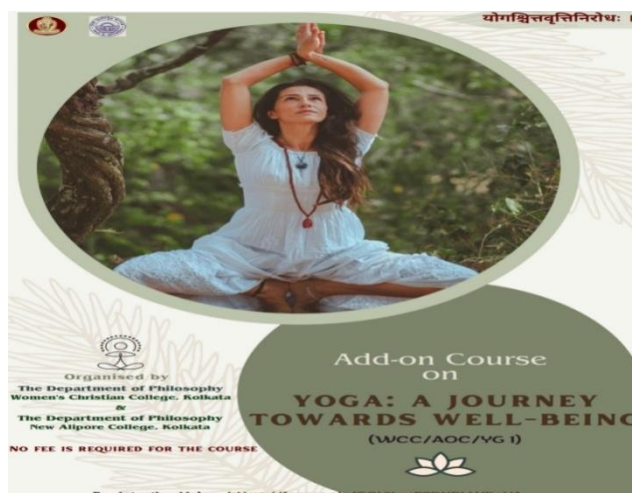
#### **5. Venue:**

The majority of the activities were conducted at Women's Christian College, Kolkata, which provided a conducive environment for both theoretical and practical sessions.

#### **6. Participants:**

A total of 64 participants enrolled in the course. The participants consisted of students from Women's Christian College and New Alipore College, as well as individuals from the local community interested in exploring the benefits of yoga for well-being.

#### **Poster**



## Geo tagged Photos

