

TWO-DAY TRAINING PROGRAMME ON YOGA UNDER THE INDIAN KNOWLEDGE SYSTEM (IKS)

Theme: Yoga as part of the Indian Knowledge System (IKS), integrating philosophy, practice, and lifestyle.

Number of Participants: 76 Students

Venue: Sri Anandpur Sahib, District Ropar, Punjab – a historically significant and spiritually rich location.

The Department of Physical Education of Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib successfully organized a Two-Day Training Programme on Yoga under the aegis of the Indian Knowledge System (IKS) on 3th dec 2025 to 4th dec 2025. The programme aimed to promote awareness about the importance of Yoga as a traditional Indian practice for physical, mental, and spiritual well-being. The programme was conducted under the able guidance of Dr. Jasvir Singh (Convenor). The event was supported and guided by Prof. Ashok Kumar, Assistant Professor and Head, Prof. Jagwant Singh, Assistant Professor, Coach S. Gurdev Singh, and Dr. Gurpreet Kaur, IKSCoordinator.



A total of 30 students actively participated in the programme with great enthusiasm and discipline. During the training sessions, students were introduced to the concept, philosophy, and significance of Yoga in Indian Knowledge System. Practical sessions included demonstrations and practice of various asanas, pranayama techniques, meditation, and yogic breathing exercises, emphasizing their role in maintaining holistic health. The resource persons explained the scientific and traditional relevance of Yoga, highlighting its importance in stress management, concentration, physical fitness, and mental peace. Students were encouraged to adopt Yoga as a regular lifestyle practice. The programme concluded with an interactive session where students shared their experiences and feedback. The event was highly successful and beneficial, enhancing students' understanding of Yoga as a valuable component of India's ancient knowledge her.



Outcome of the Programme: Enhanced understanding of Yoga as part of India's knowledge heritage. Practical skills in yoga techniques for health and wellness. Increased awareness of Yoga's role in managing stress and lifestyle disorders. Strengthened cultural and spiritual connection among participants. The programme successfully achieved its objectives by blending theory and practice, tradition and modernity. Participants left with a deeper appreciation of Yoga as a timeless discipline rooted in the Indian Knowledge System, and with practical tools to incorporate Yoga into their personal and professional lives.

