

## **Two-Day Training Programme on Yoga under Indian Knowledge System (IKS)**

***Theme: Promotion of Yoga as an Integral Part of Indian Knowledge System (IKS)***

**Venue:** Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, District Ropar, Punjab

**Number of Participants:** 30 Students

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 **27th and 28th October 2024**. 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, IKS Coordinator. 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 heritage.

**Outcome of the Programme:** Increased awareness about Yoga and Indian Knowledge System and



improvement in physical and mental well-being of students. The programme Encouraged students to adopt Yoga as a daily practice. The Two-Day Yoga Training Programme proved to be a meaningful and enriching experience. The Department of Physical Education expressed gratitude to all the faculty members, coordinators, and participants for making the programme a grand success