



Health and Wellness Society

Yoga - Arogya Club



"Yoga is not just exercise and postures. It is the emotional integration and spiritual elevation with a touch of mystic element, which gives you a glimpse of something beyond all imagination."

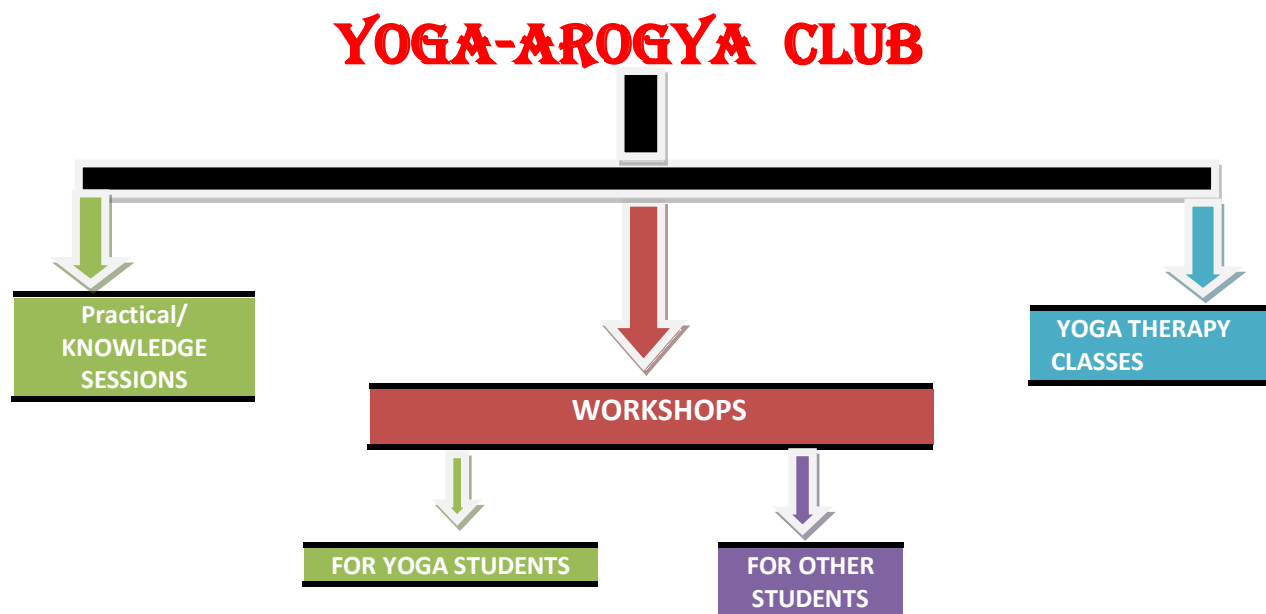
– H. H. Sri Sri Ravisankhar.

THE YOGA - AROGYA CLUB

Yoga is the holistic way of healthy living with its origin in ancient Indian philosophy. The science of yoga imbibes the complete essence of the 'Way of Life'. Yoga is also about emotional integration and spiritual elevation. Careful practice of *Yogasana*, *Shatkarma* and *Pranayama* can improve the quality of life, reduce stress, lower heart rates, balance the blood pressure, help relieve anxiety, depression and insomnia apart from improving one's overall physical fitness, strength and flexibility.

The Vision of the Club:

Proposes to cater to student's (and staff's) physical, mental, emotional and spiritual wellbeing by way of deepening the practical experience of yoga as a therapy by conducting hands-on therapy, counselling and various life-skills sessions - to aspire towards a dive deep into the vast and precious knowledge of indigenous medicine?? life progressing & healing techniques.



. Charter of the Club:

Overall coordinator	: Prof. (Dr.) B. R. Shama
Name of the faculty members:	Dr. Dinesh Prasad Swain
	: Dr. Prativa Shree
	: Dr. M. Anjaladevi
	: Mr. Kalpesh Zala
	: Mr. Prem Sukh
	: Dr. Tirthankar Ghosh (Assistant Professor, Dept of Osteopathy)
	: Dr. Richa Chopra (HoD-Dept. of Contemplative & Behavioural Sciences)
Convener	: Harshvardhan Pandey
Co Convener	: Pragya Pathak
Student's Core Committee	: Raj Kothari
	: Shankari
	: Ujwal Kumar
	: Shurti Chaubey
	: Priyanshi Sarpal
	: Ritwik Bhatnagar
	: Prashant Ananda Tripathi
	: Purva
	: Needhi
	: Shouvnick Sadhukhan

Annual Plan of the Club:

- Attached

Financial Requirement of the club for the Year 2019-20:

We are proposing Rs 25,000. With a view for purchasing For the requirements of the treatment therapies at the healing center of the club. Some of which are as following: Patient tables for PPS therapy and Accupressure, apparatuses like Heating vessels, massage Cloth and sheets, oil Pan, massage Oils etc. The expenses if needed will be justified in the future by the club and department itself.

List of the Students:

- Attached