



**CELEBRATING
INTERNATIONAL
YOGA DAY
2020
WITH
DAFI SCHOLARS**

**YOGA: FIGHT STRESS AND
FIND SERENITY IN COVID
TIMES**

As the world faces one of its worst pandemics, there's been a renewed focus on building one's immunity. While eating right is one way to do it, another time-tested way is to practice yoga.

Yoga, a mind-body practice is considered one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help in achieving peacefulness of body and mind. It also helps to relax and fight stress.

The restricted travel, panic over the risk of infection and continuous flow of negative news due to coronavirus are causing stress and anxiety. For physical, mental health and the well-being of humanity yoga has never been more relevant as a simple home remedy.



In view of International Yoga Day which is observed on 21st June, this year DAFI scholars celebrated Yoga Day virtually due to COVID-19 restrictions in place and requirements of social distancing. On 13th June 2020, a session was organized with active DAFI scholars on the theme “YOGA: FIGHT STRESS AND FIND SERENITY IN COVID TIMES” with Ms. Nandani Jayaprasad, yoga and wellness expert based in USA as the resource person on Webex application. She has been conducting Yoga Meditation workshops for refugees in India since 2018.

In the session Ms. Nandani shared that yoga can boost one's immunity naturally and can uplift one's vitality without having to step out of the house during this lockdown. She also shared the fact that yoga has been used for centuries in keeping the body functioning fit and fine, holistically and the benefits are not just limited to stress relief and mental wellness but can also recharge one's body, get rid of the toxins, negative energy and keep the vital organs functioning well.

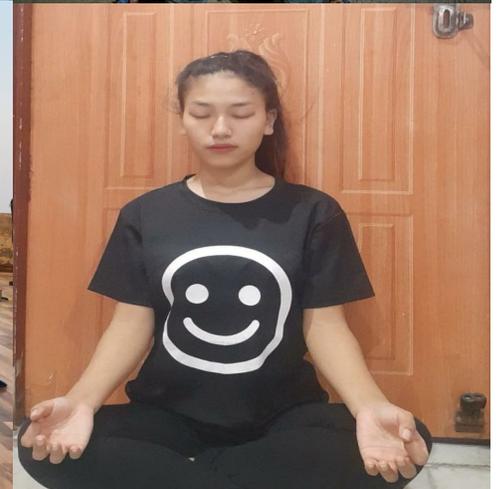
“YOGA IS THE JOURNEY OF THE SELF, THROUGH THE SELF, TO THE SELF.”



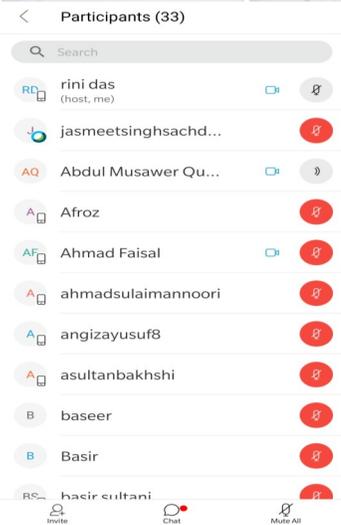
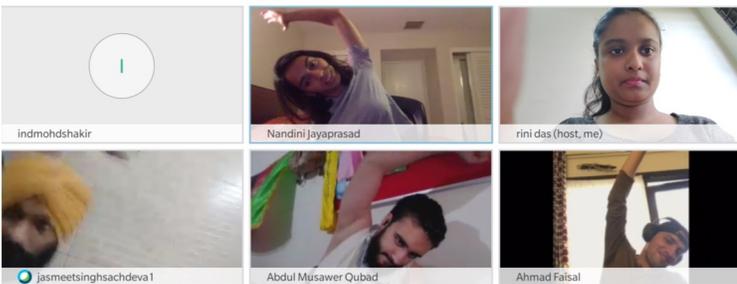
Ms. Nandani shared a power point presentation on Webex application, describing the yoga asanas/postures like Pranayama, Matsyana, Viparita, Tadasana, Bhujangasana, Chakrasana, Vajrasana, Viparita Karani, Uttanasana and their benefits. She suggested DAFI scholars to practice yoga daily early morning for building their immunity strong especially during COVID times. As part of an activity, scholars shared their photographs while practicing yoga during lockdown.

Through her presentation she explained Yoga can help build resilience both inside and out. Certain yoga positions can help support, balance and boost the immune system. It can also help fight oxidative stress which poses a risk to the healthy cells. If done regularly, yoga reduces stress systemically in the body, which in turn, cuts down inflammation and degeneration.

YOGA BY DAFI SCHOLARS DURING COVID-19 PANDEMIC



GLIMPSES



PARTICIPANTS

Total Participants- 33
Total Male- 16
Total Female- 17

Male DAFI Scholars – 16
Female DAFI Scholars– 15
Guest Speaker (Female) -1
BOSCO Staff (Female) -1