

Report on Yoga Session Bootcamp (June, 2-6, 2025)

A five-day Yoga session bootcamp was successfully organized by Department of MCA for 2nd semester students from 2 June 2025 to 6 June 2025 under the guidance of Dr Mahavir Singh Naruka, DSW, Prof Dr Madhu Sharma Gaur, Head MCA. Ms. Sneha Ahlawat and Mr. Sonu Sharma were the instructor and guided the students with the objective of promoting physical health, mental wellness, and spiritual awareness among students and faculty members. The event was part of our ongoing efforts to encourage a holistic lifestyle and stress-free learning environment.

- **Day 1** focused on the introduction to Yoga, its importance, and basic breathing techniques (Pranayama). Participants practiced simple warm-up exercises to initiate the session.
- **Day 2** introduced standing and seated postures like Tadasana and Sukhasana, improving posture, balance, and flexibility.
- **Day 3** was dedicated to Surya Namaskar and a basic meditation session to enhance physical strength and mental calmness.
- **Day 4** emphasized advanced asanas and core strengthening, including Bhujangasana and Trikonasana.
- **Day 5** concluded with a session of Yoga Nidra (deep relaxation) followed by an interactive feedback session, where participants shared positive responses and expressed their interest in continuing yoga practices.

The session was successfully organized and appreciated by all. It helped participants rejuvenate physically and mentally and promoted a healthy lifestyle.




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INDIA YOURS 2025
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 संतुलनम् योगस्य प्राणः
 BALANCE IS THE ESSENCE OF YOGA
YOGA SESSIONS
 02nd - 06th June 2025
 Organized by
 DEPARTMENT OF
 MASTER OF COMPUTER APPLICATIONS

 TIMING: 06:30 AM TO 07:30 AM
 VENUE: OPEN THEATER, GLBITM



