



Government of Tripura
ISWAR CHANDRA VIDYASAGAR COLLEGE

Belonia, South Tripura District, Tripura -799155, India

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Established in 22nd May 1964 and Affiliated to Tripura University

Recognized under section 2(f) and 12(B) of UGC and 2nd Cycle Accreditation and Assessment by NAAC as Grade B

LIFE SKILL INITIATIVE

Introduction:

“Health is Wealth”, this is our motto. Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. To live a healthy life, we need to do Yoga, meditation or exercise every day. To release stress and anxiety yoga, is the best medicine. Yoga should be practiced for physical and mental health. To spread Yoga and its benefits, Department of Physical Education Iswar Chandra Vidyasagar College, Belonia introduced a Yoga Club under Life Skill initiatives for the welfare of the students and other stakeholders of the institution.

Aims:

- To enable good physical and mental health of the member.
- To possess emotional stability of the students.
- To integrate moral values.

Programme Contents:

1. **Yoga:** Sirsasana, Sarbangasana, Halasana, Dhanurasana, Chakrasana, Matsasana, Kurmasana, Salvasana, Gomukhasana, Padahastana, Ustrasana, Paschimottasana, Savasana, Karnapithasana, etc.
2. **Pranayamas:** Anuloma- Bilom, Kapalbhathi, Bhamri, Sitali, Udgith, etc.

Date of Implementation: 21st June 2016

Target Group: Students and other stakeholder of the Institution.

Session: June to May

Coordinator: Head of the Department, Physical Education, ICVC