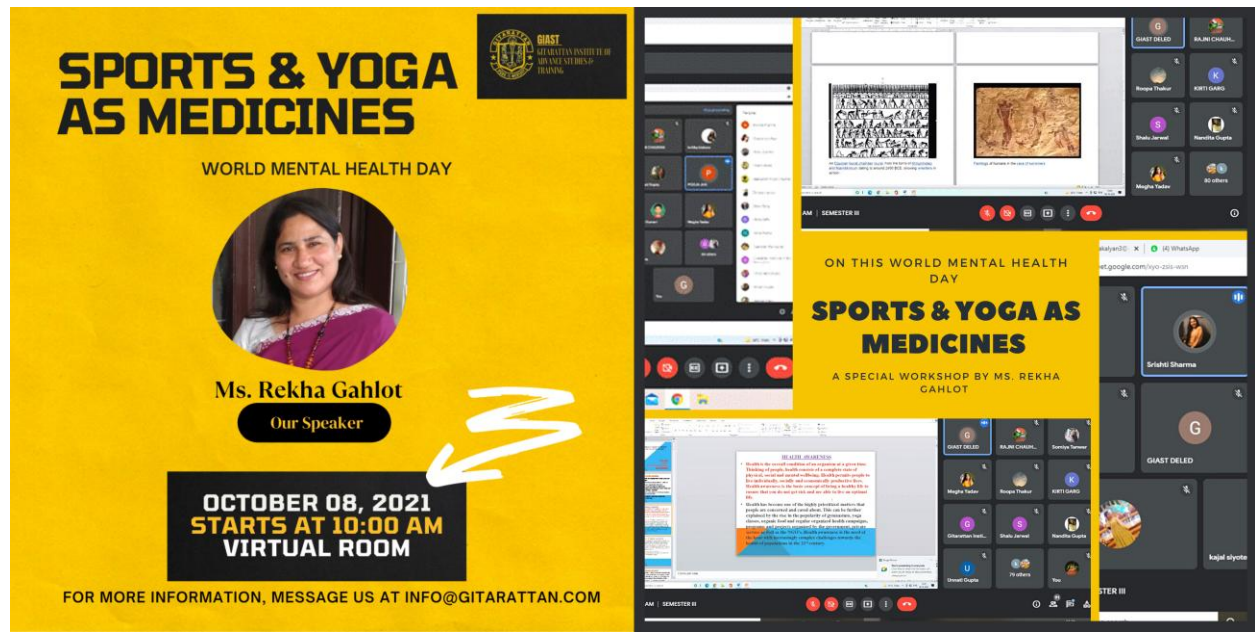




# GITARATTAN INSTITUTE OF ADVANCED STUDIES & TRAINING

## Report

### “SPORTS AND YOGA AS MEDICINE”



**Date: 8<sup>th</sup> October 2021**

**Venue: Google Meet**

Sports and Yoga are a deeply spiritual discipline that combines physical, mental, philosophical, and spiritual elements.

The art of practicing yoga and indulging in sports helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind.



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Gitarattan Institute of Advanced Studies and Training, Rohini organized an Extension Lecture on 'Sports and Yoga as Medicine' on a virtual platform on 8 October, 2021 to celebrate The World Mental Health Day. The guest speaker was Ms. Rekha Pawar.

The lecture started with the introduction of current situation of our health and immune system. Ma'am highlighted about the importance of sports in primitive as well as current era to improve our immune system. In these trying times of the COVID-19 pandemic, we all are caught in our homes with a very limited or no physical activity.

Ma'am told us that Sports wasn't limited to physical level, it works on all three domains (Cognitive, Affective and Conative). Therefore, we need to balance all the three domains to maintain a healthy lifestyle.

Moving on to yoga, Yoga is not a religion, it is a way of living that aims towards a healthy mind in a healthy body. Yoga is not just about bending or twisting the body and holding the breath. It is a technique to bring you into a state where you see and experience reality simply the way it is. If you enable your energies to become exuberant and ecstatic, your sensory body



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expands. This enables you to experience the whole universe as a part of yourself, making everything one, this is the union that yoga creates.

Ma'am emphasized upon the fact that Man is a physical, mental and spiritual being and yoga helps promote a balanced development.

Therefore, the lecture addressed the importance of both sports and yoga as a nature's medicine to the man. It Boosts Self-Esteem and Confidence, sports and yoga help to instill confidence and to bring learning to children on an experiential level.