

### **Dada Says...**

*Behold! The world is a Garden of God!  
Listen! Every leaf and flower, every plant and  
tree doth sing the Bhagavad Gita, the song of  
the Lord!  
Love Truth and Truth will love thee*

### **SVIMS NEWROOM**

#### **Breast Cancer Awareness Camp: 14th March '19**

**Resource Person: Ms. Laleh Busheri**

A Breast Cancer Awareness Camp was organised in association with Prashanti Cancer Care Mission which is a well-known NGO in Pune. The CEO of Prashanti Cancer Care Mission Ms. Laleh Busheri delivered a session on Prevention & Management of Breast Cancer. She discussed about the rate at which Breast Cancer is increasing in India, factors responsible for it and how it can be prevented. Her Presentation helped the students to carry self-detection for Breast Cancer. The session was followed by a free clinical check-up in which students and members of the community [Seventy in all] participated. Ms. Busheri in her kindness announced that anyone sent by the Institute would be eligible for free sonography, mammography and genetic counselling at Prashanti Cancer Care Foundation over the next three months

#### **Abhivyakti: Women and Law -07th March 2019**

**Resource Person: Ms. Alka Joshi**

A renowned social activist Ms. Alka Joshi, who is associated with a group named LOKAYAT based out of Pune was invited to talk and create awareness on wide range of issues related to youth. She shared her views on fascism, the growing communal divide, sexual harassment at workplace, domestic violence, caste inequality and gender inequality. Ms. Joshi mentioned in her talk how their team is working hard to create a new non-violent, peaceful society, where women are able to live with dignity as human beings, which guarantees everyone's basic conditions for the fullest development of their inherent abilities. She educated the students about the Vishakha Guidelines, and shared many historic cases indicating violence on women's. Ms. Joshi told the ways one can appeal to the ICC committee, its procedure, fines and penalty. Towards the end of the session two small documentaries related to sexual harassment were shown to the audience.

### **YOGA: A DAILY LIFE ROUTINE**

Yoga is a good practice if one does it in daily life. It helps to live healthy life style forever. Yoga is an ancient art which was originated in India around six thousand years ago. Earlier people were used to practice yoga and meditation regularly. However the practice of yoga was declining day by day in such a crowded and hectic environment.

Yoga is very safe and can be safely practiced by anyone and everyone can take its benefit. Yoga is a practice to make a balance of body, mind and soul. It is very useful to control mind and body as well as reducing the stress and anxiety.

International Day of Yoga or World Yoga Day has been declared (by the United Nations General Assembly) to get celebrated on 21st of June after the suggestion and initiation of India. It is not a physical practice only as it makes a human able to get control over mental, emotional, and spiritual thoughts. It can be practiced by the people at any age during childhood, teenage, adult or old age.

The inhaling and exhaling of the oxygen during yoga is the main thing. Practicing yoga in daily life regularly prevents from various diseases as well as cures fatal disease including cancer, diabetes, high or low blood pressure, heart ailments, kidney disorders, liver disorders, gynaecological problems and variety of mental problems. It acts as an alternative system of medicine if practiced continuously. It also reduces the side effects of many heavy medicines taken on daily basis. The very good time for practicing the yoga like pranayama and kapal bharti is the early morning as it provides better environment to get control over body and mind.

Yoga is a gift to the human fraternity by the God. It maintains physical fitness, reduces stress, control on emotions, feelings, controls negative thoughts, feeling of general well-being, improves mental clarity, enhances self-understanding, and connects to the nature and many more.

Yoga is the medicine for nearly every problem. As you practice yoga, it does not only help you to improve your physical body but also helps in maintaining your inner peace and relaxing your mind. Thus, there is nothing that yoga will not help. Moreover, yoga is not just a one-day practice; it's a lifelong commitment.

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