

Report on Online Yoga Session for International Yoga Day

Organized by: 'Nairujyam' Health Cell, St. Xavier's Institute of Education (Autonomous)

Date: June 21st, 2024

In Celebration of: International Yoga Day

Resource Person: Dr. Manisha Tyagi, Assistant Professor, Bombay Teachers' Training College

Manager: Fr. Dr. Aruj Jon Bosco SJ.

Principal: Dr. Andrea Coutinho

Program Coordinator: Dr. Priti Sivaramakrishnan

Introduction:

St. Xavier's Institute of Education (Autonomous) celebrated International Yoga Day 2024 with an online yoga session organized by the 'Nairujyam' Health Cell. The session was open to all faculty, staff, and students of the institute.

Session Details

The session was led by Dr. Manisha Tyagi, an Assistant Professor at the Bombay Teachers' Training College. Dr. Tyagi is a qualified yoga instructor with extensive experience in guiding yoga practices for various audiences.

The online session focused on promoting overall well-being through simple yet effective yoga postures (asanas), breathing exercises (pranayama), and relaxation techniques. Dr. Tyagi provided clear instructions and modifications to ensure the practices were accessible to participants of all fitness levels.

The online yoga session offered several benefits to the participants:

- **Improved Physical Health:** The practice of yoga postures helps enhance flexibility, strength, and balance.
- **Enhanced Mental Well-being:** Breathing exercises and relaxation techniques can promote stress reduction and improve focus.
- **Increased Awareness:** Yoga practices encourage mindfulness and a deeper connection between the body and mind.
- **Sense of Community:** Despite the online format, the session fostered a sense of community among participants through a shared experience.

In Conclusion The online yoga session for International Yoga Day 2024 was a successful initiative by the 'Nairujyam' Health Cell. The session aimed to raise awareness about the benefits of yoga for overall well-being and provided participants with practical tools to integrate yoga practices into their daily lives.

Date : 21-7-2024

Time : 4:00 pm

The session began with Dr. Priti Sivramakrishnan introducing our resource person, Dr. Manisha Tyagi. Dr. Tyagi then provided a detailed explanation of the meaning of yoga and its numerous benefits for both mental and physical health. She emphasized how regular practice can enhance our well-being and reduce stress. Following her insightful introduction, we engaged in a series of breathing and neck exercises, which she guided us through step-by-step. These exercises were not only relaxing but also demonstrated the practical applications of yoga in everyday life. The session was highly engaging and left us with a deeper appreciation for the importance of integrating yoga into our daily routines for a healthier lifestyle. The session was attended by F.Y.B.Ed students.

Then we extended our vote of thanks to Dr. Tyagi for sharing her extensive knowledge and sparing her valuable time.

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