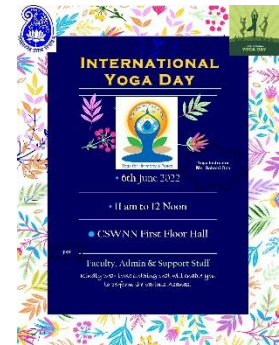
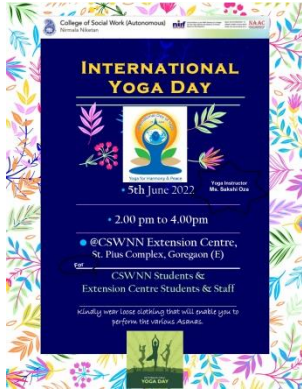


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College of Social Work (Autonomous), Nirmala Niketan (CSWNN) Report on Sessions held for Celebration of International Yoga Day

The College of Social Work, Nirmala Niketan celebrated International Yoga Day on the 5th and 6th June for Students, Faculty and Non-Teaching Staff in order to impart the value of Yoga and its impacts through an input, demonstration and actual practice so that its benefits will be visible to all the participants. The Resource Person was Ms. Sakshi Oza, a certified Yoga Trainer. On the first day 34 students participated at the venue – CSWNN Extension Centre, Goregaon from 2.00pm to 4.00pm; while on the second day, 23 participants consisting of faculty, non-teaching and support staff actively took part at the venue of CSWNN College Hall from 11.00am to 12.30pm



On the first and second day, the session began by welcoming the resource person and participants by Mr. Sandesh Lalge, Training and Documentation Officer of Anubhav Youth Development Centre of the College. He then introduced the resource person Ms. Sakshi Oza.



In the beginning of the session Ms. Sakshi asked participants about their medical history and accordingly she guided them. She then requested the participants to sit in Vajrasana position and explained the good and bad pain. She tried to make all the participants comfortable and relaxed. She started with Omkar and then got the students to warm up through various exercises consisting of face, neck, hand movements and finally ended this section with facial yoga.

She then went on to explain some basic yoga postures – asanas and also shared on their benefits. She covered the following nine Asanas namely:

1. Suryanamaskar,
2. Naukasan,
3. Sahlvasan,
4. Sarvangasan,
5. Kalivagrasan,
6. Gaumukhasan,
7. Kapalbharti,
8. Shavasan,
9. Tadasan.

At the end of the session, some participants asked a few questions and clarified their doubts. Ms. Sakshi gave inputs and tips on how to do yoga regularly.



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Sandesh requested the participants to spread a word of yoga exercises and their benefits. The session ended with a positive and encouraging feedback given by the participants. They said that all the asanas were useful in day-to-day life for maintaining mental and physical health like stress relief, increasing memory power, back pain, knee pain etc.



Mr. Albin Thomas – Assistant Professor gave a vote of thanks.

Observation:

All the participants enthusiastically participated with full interest and attention to yoga steps. The resource person not only conducted the asanas but she made them so comfortable that they could feel the benefits of each and every asana during the yoga session. Through the participants' feedback, it was observed that they understood and learnt the benefits of yoga which they were unaware of. They experienced it for themselves and realized the need of disseminating this information to others.

Outcome:

1. Participants learnt nine asanas and some exercises which they will continue in their daily lives.
2. Participants learnt the benefits of yoga and how to get these benefits.
3. They realised that yoga can take care of many of the physical and mental health problems.
4. In the feedback forms, the participants have shared that they will practice these asanas.



Report prepared by:

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6th June, 2022