

INTERNATIONAL YOGA DAY

Date: 21st June 2023

time: 2.00 pm to 3.45 pm.

session by: Sakshi Ojra.

faculty incharge: Dr. Renu Shah and Dr. Saman Afroz.

summary of the session:

International Yoga Day is celebrated annually on June 21st to promote the physical, mental, and spiritual benefits of practicing yoga. In 2023, the theme for International Yoga Day is "Vasudhaiva Kutumbakam," which is a Sanskrit phrase that means "the world is one family." This theme emphasizes the idea of global unity and interconnectedness, and highlights the role that yoga can play in promoting this unity. Yoga is an ancient practice that originated

in India and has gained immense popularity around the world in recent years. It is a holistic approach to health and well-being that includes physical postures, breathing techniques, and meditation. By practicing yoga, we can connect with ourselves and with others in a deeper and more meaningful way. So, let's celebrate International Yoga Day 2023 by practicing yoga and embracing

the idea of a united global community. the workshop was started by introducing Sakshi Ojra who is a professional yoga guru. she took the yoga session. she started the session by teaching basic yoga which one can do by sitting on the chair. Ms. Sakshi Ojra took various exercises which started by head exercise, and following to it pressure exercise for face, stretching, shoulder exercises. she also took some breathing exercise which will tell if one is tired or still active. later on she also took some exercise which will help to reduce stress and fatigue in the body.

there were 124 students present in this workshop. all the students learnt various exercises and Yogasans which will benefit the students in their future life. the session was concluded by giving vote of thanks by student social worker.

In conclusion, the college yoga day workshop was a great success. The workshop provided an opportunity for students to learn about the physical, mental, and spiritual benefits of practicing yoga. The workshop was well-organized and included a variety of yoga postures, breathing techniques, and meditation practices. It was a great platform for students to interact with each other and learn from experienced yoga instructors.

The workshop also helped in promoting a healthy lifestyle and stress management among the students. The feedback received from the participants was overwhelmingly positive, and the workshop was appreciated by all. Overall, the college yoga day workshop was a memorable experience and a great way to promote the benefits of yoga among the college community.



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