

Stress Management and Healing workshop Report

A one week workshop was conducted on 'Stress management and Healing' from 28 Dec 2015 to 2 Jan 2016. This workshop was organized specially for the faculties of SCET. The details of workshop are as given below.

Name of workshop: Stress management and Healing

Period: from 28th Dec 2015 to 2nd Jan 2016

Conducted by: Prof. Nandkishor Joshi

Organized by: Yoga club team, SCET

Motive

Physical comforts are increasing day by day but at the cost of increase in mental stress. A teacher spends most of his time reading books. An accountant always stare at the computer. Due to continuous mental work, mind becomes stressful and when they leave work, they may have headaches, they are tired, and they are so mentally burnt out that they just want to crawl into bed and sleep. Yoga not only releases mental stress, but it also give strength to the body and mind. Relaxation meditation brings sound sleep and calmness to the mind.

Healing is a systematic approach to remove root cause of any disease. By healing, one can cure his physical or mental diseases. One can also get rid of emotional blockages by healing.

The motive of this workshop was to demonstrate yogic practices to release mental and physical stress, to understand the concept of healing and to practice it.

Lessons and practices

Practices of various physical and mental exercises performed during workshop are as given below:

- Different kriyas of yoga and asanas
- Asanas to release stress from different parts of body, such as hands, fingers, neck, shoulder waist, back, thigh, heel, toe, head etc.
- Kriyas to remove stress from mind and increase digestion
- Pranayama to reduces stress immediately and bring peace to mind
- Pranayama for Calmness, steadiness and concentration of mind.
- Tratak prayog
- Yog nidra
- Concept of chakras, concept of 5 bodies,
- Concept and theory of healing
- Chakra location and healing
- Panic healing and emotional healing
- Relaxation meditation
- Om chanting techniques to release stress

The participants of the workshop had a wonderful experience during various practices and exercises. There were discussions in between and at the end everyday in which the doubts and queries of participants were resolved. Every exercise was taught with the conceptual approach. Doing yoga everyday for 15 minutes will surely increase the potential and positive attitude of the employees.



