



A Report on

Pre-Yoga Workshop

(19-20 June, 2019)



Co-ordinated by

Yoga and Spiritual Club

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Yoga is not a religion; it is a way of living that aims towards 'a healthy mind in a healthy body'. Man is a physical, mental and spiritual being; **yoga** helps promote a balanced development of all the three.



Yogic exercises recharge the body with cosmic energy and facilitates:

- Attainment of perfect equilibrium and harmony
- Promotes self- healing.
- Removes negative blocks from the mind and toxins from the body

- Enhances personal power
- Increases self-awareness
- Helps in attention, focus and concentration, especially important for children
- Reduces stress and tension in the physical body by activating the parasympathetic nervous system

The International yoga day celebration was preceded by 2 days pre-yoga workshop (19-20 June, 2019) at our institute in which faculty members and students enthusiastically participated.

The workshop was conducted by Prof. Nandkishor Joshi and other yoga club team members during 3.30 p.m to 4.30 p.m at Tifac Core, SCET. Both the days started with the prayer 'asto maa sad gamay' followed by omkar naad. The sequence of Yoga activities were as follows.

- Sukshma Vyayama (Neck movement, Left-Right, Up-Down, 45 degree)
- Neck rotation: clockwise and anticlockwise
- Palm movement: Up-down
- Wrist rotation: Clockwise and anti clockwise
- Shoulder rotation
- Leg movement: Up-Down, Rotation
- Warm up (Jogging and Jumping)
- Standing Asanas (Body twisting, Trikonasan, Ardha Chakrasana, Tadasana, Padma-hastana)
- Pranayama (Kapalbhati)
- Sitting Asanas (Vakrasana, Padma paschimottasana)
- Lying Asanas (Bhujangasana, 90 degree leg lifting, sarp kriya)
- Meditation and relaxation.

All the participants performed and enjoyed all the yoga activities whole heartedly. The participants raised their desire that such activities should be organized regularly at our institute.

Some Glimpses of the Pre-Yoga Workshop





ACKNOWLEDGEMENTS

We, Yoga club members acknowledge the support provided by every single faculty, staff members and students to make the event grand success.

We also thank , Honorable Principal sir Dr. Hiren Patel along with Dr. Keyur Rana, Dean SAWC, Prof. Ratna Jadwani, Associate Dean SAWC as well as SES management for granting permission for said event & extending all the supports required.

Lastly, coordinator thank all the resource persons and participants without whom the workshop

could not have been planned or executed.