



JNIESTRT'S
SMT. INDIRA GANDHI COLLEGE OF ENGINEERING
GHANSOLI, NAVI MUMBAI – 400 701
Accredited "A" Grade by NAAC
(Approved by AICTE New Delhi & Govt. of Maharashtra, Affiliated to University of Mumbai)
2023-24
FE Department

Activity Title	Yoga Session
Date	8th November,2023
Mode	Offline
Venue	Seminar Hall
Duration	2 Hours
Event Organized by	Smt. Indira Gandhi College of Engineering, Ghansoli
Speaker / Tutor	Mr. Shyam
Volunteers	
Attended By	Students of Smt. Indira Gandhi College of Engineering
No. of Participants	45
Topics:	Yoga
Rules:	1. Maintain Discipline.
Summary:	<p>The yoga session was a transformative journey into the realm of mindfulness and physical well-being. Mr. Shyam, yoga instructor of college explained the concept of discipline in life through the medium of yoga. He explained its history, practices and importance in every person's life. He further said that yoga is not only deal with exercises but it also helps people in maintaining discipline, concentration etc. It is a practice that runs from ages.</p> <p>The session began with chanting 'OM' and meditation, encouraging participants to center themselves in the present moment. Moreover, the session encompassed a balanced mix of asanas, pranayama, and relaxation techniques.</p> <p>a) Asanas: The instructor emphasized proper alignment, ensuring a safe and effective practice for all participants. Some are the asanas are Mountain Pose and Tree Pose in order to increase flexibility, strength, and balance.</p>

b) Pranayama: Breath awareness played a pivotal role in the session. Controlled breathing techniques, such as Ujjayi breath, added a meditative dimension to the practice, fostering a deeper connection between mind and body.

c) Mindfulness and Relaxation: The session culminated in a guided relaxation, allowing students to absorb the benefits of their practice fully. The soothing voice of the instructor guided us through a body scan, releasing tension and promoting a profound sense of relaxation. This mindfulness component left me feeling centered and sense.

In conclusion, the yoga session was a harmonious blend of physical exertion, mental focus, and spiritual connection. The carefully curated sequences of asanas, coupled with mindfulness practices, left students with a profound sense of well-being. Students walked away from the session with a heightened awareness of their body, a calm mind, and a renewed commitment to incorporating yoga into students' holistic health routine.

Photos:



(Teacher In charge)
Dr.Preeti Kaushal

Head of Department
Dr.Sandhya Mathur

Principal
Dr. Sunil Chavan.