Report

Yoga

Yoga was organized at Smt. Indira Gandhi College of Engineering, Ghansoli, on 23rd October, 2024 from 3:00 PM-5:00 PM in Seminar Hall (Ground Floor). The event aimed to promote physical health, mental well-being, and mindfulness through the practice of yoga.

The primary purpose of the event was to introduce participants to the benefits of yoga, focusing on its ability to improve flexibility, reduce stress, and enhance overall well-being. It was also designed to create a relaxing and inclusive atmosphere where individuals could connect with their bodies and minds.

The event attracted over 50 students ranging from beginners to advanced practitioners. The diverse group enjoyed the opportunity to practice yoga together in a supportive environment.

The event began with a brief introduction to yoga, explaining its history and health benefits. This was followed by a guided yoga session led by Mr. Shayam, certified yoga instructor. The session included a series of postures (asanas), breathing exercises (pranayama), and a meditation segment aimed at calming the mind.

The highlight of the event was the mindfulness meditation practice, where participants experienced a deep sense of relaxation and focus. The instructor emphasized the importance of breathing techniques, which helped attendees feel more centered and present in the moment. The event also featured a short Q&A session, allowing participants to ask questions about yoga and its benefits.

The Yoga for Wellness event was a great success, offering an opportunity for participants to experience the physical and mental benefits of yoga. Feedback from attendees was overwhelmingly positive, with many expressing interests in attending future sessions. The event successfully highlighted the importance of yoga as a tool for promoting overall health and well-being.