

GUJARAT RESEARCH SOCIETY'S
HANSRAJ JIVANDAS COLLEGE OF EDUCATION
Dr. Madhuri Shah Campus, R. K. Mission Marg, Khar(W), Mumbai - 400 052.

REPORT OF THE INTERNATIONAL YOGA DAY CELEBRATION

Date: 21st June, 2018

Day: Thursday

The teachers training course is quite stressful and demanding profession. Students coming in from all walks of life and varied financial, cultural backgrounds sometimes cope very well but many a times it is observed that they go through a lot of stress and performance pressure. Our institution has always believed in a healthy mind and body and has been motivating students to practice simple distressing exercises for many years. It is a regular practice in the college to have a SARVADHARMA PRARTHANA followed by meditation as a part of its daily assembly. However, since officially the International Yoga Day has been announced, College has a visiting faculty who is Trained in Yoga and as a routine practice thrice a week conducts Yoga Session for an hour. Also has Laughter sessions, palming, meditation, Eye exercises for students prior to examinations to help students relieve their stress.

This year The International Yoga Day Celebration on 21st June, 2018 began at 11 a.m. in presence of Principal Dr. Anita Swami, Distinguished Guest and Eminent Educationist Dr. Vijayam Ravi, Teaching staff, administrative staff and student teachers in the college lecture hall. The hall was covered with mats for all to be seated in either Padmasana (Lotus Pose), Ardhapadmasana or Sukhasana as per the individual capacity, with their hands placed on both the thighs.

The International Yoga day began with becoming conscious about breathing.

It included ten minutes of Pranayama.

Variations performed in Prayanayam included - Anulom Vilom and Nadi Shodhan, both variations (Ingala and peeda Nadi Shodhan) were performed for five minutes each. While performing each Pranayama its importance and benefits were kept in mind and explained to all so as to help students in handling issues like stress, depression, anxiety, tension and also that it helps in concentration and that Increase in

intake of Oxygen also helps fight minor contagious infections of the rainy season like cough cold and flu and bronchitis.

The Pranayama was followed by Yoga Asanas. After ten minutes of Pranayama, there was a warm up for five minutes that included basic simple asanas like stretching of the limbs and joints, twisting, front-bending and back-bending, kadamtaal etc.

After warm up, the Principal, teachers and student teachers performed the following Yoga Asanas for three minutes each. Asanas performed during the half an hour session included Chakki-chalasan, Baddha Konasana (Butterfly pose), parvatasana (Sitting and standing both), veerbhadrasan, Trikonasana, Vrukshasana, Ekapadasana, Sarvangasana two cycles of each asanas.

The Yogasanas were concluded with a soothing Shavasana for five minutes which left all those present in the Lecture Hall refreshed and energetic for the rest of the day.

