

Report on Yoga Day Programme organized by Department of English on 16th June 2023

The Research Department of English, MES Asmabi College observed Yoga day on 16th June 2023 at 10 am in the College seminar hall in connection with International Yoga day. The programme started with a welcome note by the coordinator Dr. Amitha P. Mani, followed by the presidential address by Dr Reena Mohamed, principal in charge. The certified Yogacharyan Narayanji, a seasoned yogi with extensive experience, conducted the yoga session. After briefing on the benefits of practicing yoga he gave a practice session also to the students and teachers.

He demonstrated and taught a few key poses and techniques to improve concentration. He also imparted certain relaxation techniques and breathing exercises to reduce stress. The participants were engaged throughout the session. A few students raised their anxieties and made certain clarifications. The feedback suggested the effectiveness of the demonstrations in illustrating yoga principles and techniques. The overall atmosphere of the event was serene.

The programme was beneficial to improve the physical and mental stability of students. Physical benefits is obtained through various stretching exercises and poses that help improve flexibility and range of motion in the body. This is particularly beneficial for students who spend long hours sitting in classes or studying. Practicing yoga poses that challenge balance improves coordination and stability, which is beneficial in various physical activities and sports.

The breathing techniques and mindfulness incorporated in yoga practices help calm the mind and reduce stress levels. This turned out to be beneficial to college students and teachers who often experience high levels of academic and personal stress. Yoga emphasizes the connection between the mind, body, and breath, fostering a holistic approach to health and well-being. This integrated approach helps students develop a greater sense of self-awareness and inner balance.

Participating in yoga group sessions fostered a sense of community and support among the students. In summary, the benefits of yoga day observation are extensive, encompassing physical health, mental well-being, and overall holistic development. Incorporating yoga into campus wellness programs or extracurricular activities is a valuable investment in the health and success of college students. The programme ended with a vote of thanks by Ms Veenalekshmi U R.



