

## Report on Yoga workshop

Date 3/2/25 to 5/2/25

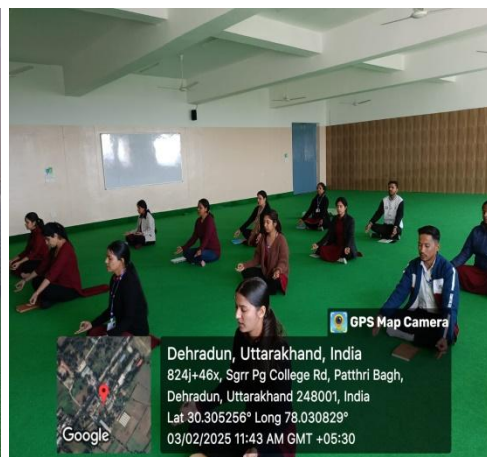
SGRR University

On 3<sup>rd</sup> February 2025, School of Education, SGRR University organize three day **yoga and meditation** workshop for PGDGC students with **School of Yogic sciences and Naturopathy**.

The session, led by Dr. Saraswati kala and Dr. Anil Thapliyal. The session was started with chanting of OM and Gayatri mantra.



Dr. Saraswati Kala ma'am covered the evolution of the term 'yoga' and explained the five layers (koshas) of the body: Annamaya, Pranamaya, Manomaya, Vijnanamaya, and Anandamaya. The session also focused on Astangyoga, including Yamas and Niyamas, Asanas, Pranayamas, Pratyahara, Dharana, Dhyana, and Samadhi and told the students about many therapeutic techniques of yoga and meditation. There was a long discussion about mental health and coping skills in the class. The students were told about the need and importance of practicing yoga and meditation. There was a long discussion about mental health and coping skills in the class. The students were told about the need and importance of practicing yoga and meditation. Dr. Saraswati Kala Discussed about various problems faced by today's generation focusing mostly on adolescents which were biological changes, psychological changes , emotional changes etc. Teenagers today have totally delved deeply into technology and social media that they rarely have time for anything else which severely affects their behavior and health.



Dr. Anil Thapliyal Sir told the students about the mind and body connection. He explained the five elements of the body—wind, sky, fire, water, and earth—and stressed the importance of healthy eating, mindfulness, and detoxification for inner peace. Sir told that by practising different yoga postures, we can keep our body healthy and it has a direct positive effect on our mind. Yoga is Another type of therapy . Vajrasana is very effective for the mental health problems as the forehead touches the ground which makes the Agya chakra active and creates a balance of all the chakras in our body, it also improves blood circulation in our body. Pranayama is another type of yoga posture which includes deep breathing, rejuvenating our lungs it makes us feel refresh and relaxed. Meditation or Om chanting can be done for atleast 10 minutes in order to gain control over negative thoughts and improve concentration.

Dr. Anil Thapliyal discussed the significance of yoga and meditation, highlighting common mistakes, such as becoming too comfortable, which can lead to physical and mental inactivity. The session concluded with yoga practice and an introduction to the ida, Pingala, and Sushumna nadis, along with the Surya Bindu and Chandra Bindu during pranayama.

The entire session was very interesting and helpful for all the students in order to learn yoga and meditation techniques and gain insight and knowledge. Our words can heal a person much more than anything else , this is a major part of a counseling session. Yoga and meditation can heal people of all ages, abilities and levels.