



ST FRANCIS DE SALES COLLEGE

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Title	A Session on yoga
Date of Event(s)	29/09/2022
Department / Association	Department of Science
Venue(Mention the platform if it is online)	AC Seminar hall
Number of Participants	100
Target Audience	First year undergraduate students
Resource Person(s) with qualification(if applicable)	Sowmya A R Yoga Instructor, Anekal, Bangalore.
Event Coordinator	Prof. Rashmi N

Objective : Learn to self-reflect, control the breath, achieve deep relaxation, and grow through meditation

REPORT

While the entire aim of yoga is to **self-reflect, control the breath, achieve deep relaxation, and grow through meditation**, all of this combined will result in better mental, emotional and physical health as we challenge the mind and body through a sequence of yoga asanas.

A session on Self-awareness was conducted on 29th September 2022 by the Department of Science for first semester BSc students. The resource person for the session was Sowmya A R, Yoga instructor, Anekal, Bangalore.

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective a technique to release stress. Meditation is relaxation and rejuvenates the body and mind.

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Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, this session was organised. The yoga instructor Sowmya A R took yoga session with great dedication. The students participated with full interest, enthusiasm and eagerness.

The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasana, Sukhasana, Tadasana, BhujangAsana and ending with Shavasana. Exercises for relieving stress and enhancing the flexibility of the back were also done for the benefit of the students.

The session concluded with an interactive session between the instructor and the students in which the queries of the students were addressed satisfactorily.

Outcome: The session was very refreshing, reviving and relaxing.

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Geo-Tagged Photos:

