

Report on the interactive online session on the essential skills of yoga organized by the Faculty of Education

1 message

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Report
on
An Online Interactive Session
Organized by
Faculty of Education
on
"Empowering the Modern Generation by Essential Skills of Yoga"
7th March 2025

An online interactive session on **"Empowering the Modern Generation by Essential Skills of Yoga"** was successfully conducted on 7th March 2025 in the faculty of Education from 10:00 am onwards. Designed to shed light on the transformative power of yoga in contemporary life, the session offered participants a chance to explore its significance while learning simple yet impactful breathing techniques for overall well-being. The resource person for the session was Ms. Kamlesh Singh, a renowned yoga instructor with vast experience in guiding individuals towards a healthier lifestyle through yoga. A total of sixty-three participants registered online, reflecting a keen interest in the subject. The session opened with a warm welcome address by Dr. Ekhlak Ahmad, Head, Department of Education, who underscored the vital role of yoga in fostering holistic health and personal growth. Setting the tone for the session, he highlighted the need to incorporate yoga into daily life for overall well-being. Following this, Ms. Kamlesh Singh, the resource person, took the lead, captivating participants with her insights on the profound significance of yoga in today's fast-paced world, where balance and mindfulness have become more essential than ever. She explained how yoga not only enhances physical fitness but also plays a crucial role in mental well-being, stress management, and emotional balance. She particularly focused on breathing exercises (Pranayama) and demonstrated several techniques, such as:

- **Deep Breathing** to improve oxygen flow and relaxation
- **Alternate Nostril Breathing (Nadi Shodhana)** – to calm the nervous system
- **Belly Breathing** to enhance lung capacity and reduce anxiety

The session was anchored by the event coordinator Dr. Dhriti Tiwari, Assistant Professor, Department of Education. It was a highly interactive session with participants engaging in real-time practice and queries. The resource person also provided practical tips on incorporating these exercises into daily life, making yoga accessible even to beginners. Many participants expressed their appreciation for the insightful session and the simplicity of the exercises demonstrated. At the end of the event Prof. (Dr.) A.K. Lodi, Dean, Faculty of Education, addressed the participants, highlighting the significance of the session in promoting well-being and stress management. He also emphasized the transformative power of yoga and encouraged everyone to incorporate its principles into their daily routines for a healthier and more balanced life. Lastly vote of thanks was proposed by the event coordinator, Dr. Smita Srivastava, Associate Professor, Department of Education, who expressed gratitude to the resource person, organizers, and participants for making the session a success. Overall, the session was informative, engaging, and beneficial for all participants, reinforcing the power of yoga in empowering the modern generation.

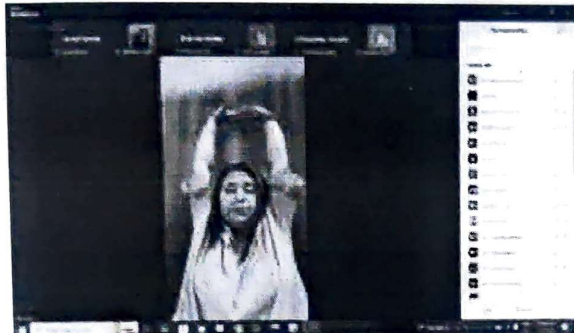
Glimpses of the Event:


E. Ahmad
Head
Department of Education
Integral University, Lucknow

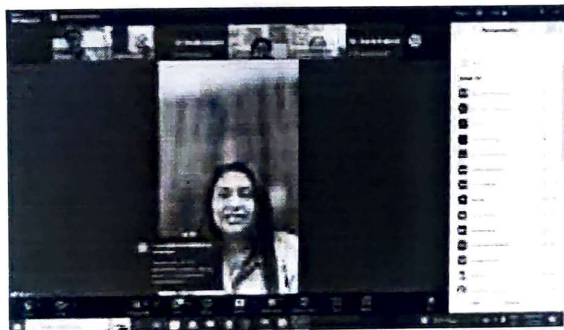




1. Welcome address by Dr. Ekhlak Ahmad, Head, Department of Education.



2. Demonstration of the exercise by the expert Ms. Kamlesh Singh



3. Hearing of the queries by the expert



4. Title of Thesis proposed by Dr. Smriti Srivastava, Associate Professor, Department of Education

Thanks and Regards

Thanks

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