



**GANDHI SHIKSHAN BHAVAN'S SMT. SURAJBA**

**COLLEGE OF EDUCATION**

### **Yoga Day**

**23rd February 2022**

**Wednesday**

The fourth semester had begun with full swing and enthusiasm. World Yoga Day was organised offline by Gandhi Shikshan Bhavan's Smt. Surajba College of Education on 23rd February 2022 at 1:00 pm in offline mode.

On 23rd February, 2022 the program began with great zeal and zest. The program was well attended by all the enthusiastic students and faculty member Dr. Yogita Mandole. One day prior to the Yoga Day announcement was made that we students are supposed to bring a yoga mat and be in comfortable clothes to do yoga. The students were very excited because it was our first offline program organised by our college Gandhi Shikshan Bhavan. The next day's programme started with great enthusiasm and energy. All the students were excited to learn yoga. The programme started at 1.00 pm. Our trained teacher in yoga Dr. Yogita Mandole with 2 trained girls started to guide us on how to start with yoga which created a joyous and peaceful atmosphere. The Yoga poses involved stretching the muscles, breathing exercises, pranayama, surya namaskar, vajrasana etc. She had beautifully talked about the significance of yoga day. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. Yoga is an ancient form of exercise which is said to have originated in India thousand years ago. It involves breathing techniques, meditation along with exercises which are very beneficial for health.

She had talked about the role of a teacher in spreading awareness about the importance of Yoga Day. Dr Yogita Mandole told us the importance of Yoga which

includes weight loss, improves immunity, relieves stress and anxiety and increases flexibility and muscle strength.

The aim of celebrating Yoga Day was to help today's generation to understand the importance of doing yoga every day. Significant Role of Yoga and Meditation in Student Life is

Improved concentration— It leads to better grades, balanced blood pressure, decreased absenteeism and tardiness, improved interpersonal relations, and enhanced confidence level, sleep, relief from a headache, improved calmness and a sharper mind.

