



Gandhi Shikshan Bhavan's
Smt. Surajba College of Education
Conducted by Indian Council of Basic Education

Report on 3-Day Yoga Workshop at Gandhi Shikshan Bhavan Smt. Surajba College of Education

Introduction:

A 3-day yoga workshop was conducted for the teaching and non-teaching staff of Gandhi Shikshan Bhavan Smt. Surajba College of Education from 20, 21 & 24th April 2023. The workshop aimed to introduce participants to various aspects of yoga, including asanas (postures), pranayama (breathing exercises), mudras (gestures), meditation, and yogic transmission. The sessions were held from 2 to 4 PM each day.

The workshop commenced on 20th April 2023 with an introduction to yoga and its benefits. The participants were briefed about the importance of incorporating yoga into their daily lives for physical and mental well-being. The session began with a warm-up and stretching exercises to prepare the participants for the asana practice.

After the asana practice, pranayama techniques were introduced. Participants were taught deep diaphragmatic breathing, alternate nostril breathing (Nadi Shodhana), and Kapalabhati (Skull Shining Breath). These techniques aimed to calm the mind, increase energy levels, and enhance focus and concentration.

Gradually the workshop, then focus shifted to mudras and meditation. The participants were introduced to various mudras.