

St. Xavier's Institute of Education
Student Enrichment Activity
Heartfulness: Relaxation and Meditation
For Relax Body and Calm Mind
Tuesday, 15th June, 2021 at 9:00 a.m. to 12:00 noon

As a part of Student Enrichment Program on the occasion of World Yoga Day a workshop on the theme 'Heartfulness: Relaxation and Meditation- For Relax Body and Calm Mind' was organized by St. Xavier's Institute of Education on 15th June, 2021 from 9.00 am to 12.00 noon. The resource persons were Ms. Meenakshi Singh and Ms. Rakhee Arora from Heartfulness Organization, Mumbai

The workshop started with formally welcoming and introduction of the resource persons. Ms. Meenakshi spoke about the Heartfulness organization. Then the workshop was taken over by Ms. Rakhee where she explained about what actually yoga is, its meaning, characteristics as well as the right way of performing certain exercise like breathing etc. The highlight of the workshop was chair yoga.

After Chair Yoga different types of yoga exercises were introduced which were very easy to do as well as refreshing to the audience. Some of the stretches and asana displayed were very good to keep us healthy and energetic.

Post break workshop was very enriching as the resource persons shared valuable and practical information about various aspects of yoga and its health benefits. The student teachers really enjoyed the workshop as it was really enjoyable and also got to know how one can remain calm and relax by doing simple yoga exercise daily without any stress.

The session ended with formal vote of thanks.