

## CELEBRATION OF YOGA DAY AT COLLEGE

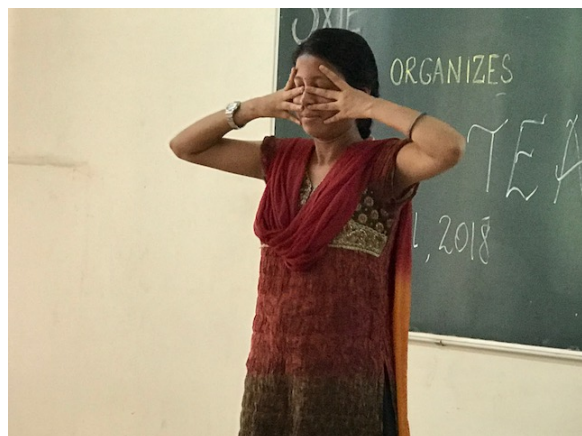
St. Xavier's Institute of Education organized for B.Ed. student teachers a workshop on Yoga under their Teacher Enrichment Program (TEAP).

The Yoga workshop was conducted for the student teachers to increase their concentration and help them in feeling calm and energetic for studies and preparation for exams.

SXIE believes in mobilizing the local resource available, Ms. Nidhi Netekar of SXIE batch 2017-18 is a trained singer and yoga instructor. She conducted the workshop on Yoga for Joy and Peace for her fellow students. She explained the different yoga postures and breathing exercises for strengthening attentiveness, focus and concentration of student teachers. She demonstrated the postures and exercises herself and then asked the student teachers to follow her instructions. She corrected the students wherever needed and also guided them.

Yoga is a philosophy to be practiced for betterment of physical and mental health. She spoke of exercises and practices for helping to be stress-free and relaxed. The aim of the workshop was to help student teachers. The calmness acquired through Yoga can help the student teachers to help the students in school for their concentration and focus.

Every year reflective assembly is conducted on benefits of Yoga in our Institute.



**Ms. Nidhi Netekar – student teacher conducting workshop for Peace and Joy of Yoga**

