

## **Report of 10<sup>th</sup> International Day of Yoga Celebration**

Department of Physical Education & Sports & NSS Unit of V.M. Salgaocar College of Law guided by Director of Physical Education & Sports Dr. Shailendra R. Gaonkar & Instructor in Physical Education & Sports Mr. Lavu D. Govekar, Organised 10<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2024 at V.M.Salgaocar College of Law, Miramar in Conference hall in collaboration with the Art of Living organization, Goa. The event aimed to promote the Physical, Mental, and Spiritual benefits of yoga among students and faculty.

The event started with an enlightening address by Principal Dr. Shaber Ali.G. The program commenced at 09.00 am and lasted for 1 hour. The event featured a series of demonstrations and interactive sessions led by experienced experts from the Art of Living organization. The event began with a warm welcome and an introduction to the importance of International Yoga Day.

The experts demonstrated various **yoga asana**, emphasizing their benefits for physical health and flexibility. Some of the key asana included:

- Surya Namaskar (Sun Salutation)
- Trikonasana (Triangle Pose)
- Bhujangasana (Cobra Pose)
- Vrikshasana (Tree Pose)

Participants were encouraged to follow along, and the experts provided guidance on proper techniques and postures.

### **Pranayama Session**

Following the asana, a session on pranayama (breathing exercises) was conducted. The experts demonstrated techniques such as:

- Anulom Vilom (Alternate Nostril Breathing)

- Kapalbhata (Skull Shining Breath)
- Bhramari (Bee Breath)

The participants practiced these techniques under the supervision of the experts, learning how to enhance their respiratory health and reduce stress.

### **Meditation**

The final segment of the program was a guided meditation session. The experts led the participants through a series of calming exercises, focusing on mindfulness and relaxation. This session aimed to help participants achieve mental clarity and emotional balance.

The event saw enthusiastic participation from both students and faculty members. The interactive nature of the sessions allowed participants to engage directly with the experts, ask questions, and receive personalized guidance.

The event effectively highlighted the significance of yoga in promoting overall well-being. Participants left with a deeper understanding of yoga practices and a renewed commitment to incorporating yoga into their daily routines.

The session was marked closed by a vote of thanks by Director of Physical Education & Sports Dr. Shailendra R. Gaonkar.

### **The resource person for the event was**

1. Adv Neela Navelkar – Art of Living Teacher
2. Mrs. Sushma Sawant - Yoga Instructor
3. Dr. Sujata Amod Borkar – Art of Living Volunteer

