

# 3<sup>rd</sup> INTERNATIONAL DAY OF YOGA 2017



*21<sup>st</sup> JUNE 2017*



**KERALA UNIVERSITY COLLEGE OF  
TEACHER EDUCATION  
KAYAMKULAM**

Kerala University College of Teacher Education, Kayamkulam organised a programme on 21<sup>st</sup> June 2017 at college campus as part of the 3<sup>rd</sup> International Yoga Day.

**The main objective of the yoga day was:**

- ❖ To let people know the amazing and natural benefits of yoga
- ❖ To make people get used to meditation through yoga
- ❖ To bring communities much close together
- ❖ To spend a day for health from busy schedule
- ❖ To enhance growth, development and spread peace all through the world

The session started with prayer by college choir team. Shri. Shanavas B (Asst. Prof. in Physical Education) welcomed the participants. The presidential address was given by Dr. Sunith Kumar G. N. (Principal). The chief Guest of the day **Shri. Anil S.** (Art of Living & Yoga Teacher, AOL School of Yoga, Bangalore) inaugurated the yoga session. Felicitations were given by Shri. Muralidas J. (Academic Coordinator), Shri. Muraleedharan K. (Vice President, CDC), Mr. Sebastian K.C. (chairman, College Union).

After the inaugural session Shri Anil S. gave a talk on the importance of yoga and demonstrated Asanas, Pranayama and Meditation for B. Ed. trainee teachers. In his speech, he conveyed that the Asanas *i.e.*, the physical movements of yoga practice and, in combination with pranayama or breathing techniques, constitute the style of yoga referred to as Hatha Yoga. In the Yoga Sutra, Patanjali describes asana as a "steady and comfortable posture", referring specifically to the seated, meditative postures used for meditation practices.

He mentioned some traditional rules for performing asanas:

- The stomach should be empty.
- Force or pressure should not be used, and the body should not tremble.

- Lower the head and other parts of the body slowly; in particular, raised heels should be lowered slowly.
- The breathing should be controlled. The benefits of asanas increase if the specific pranayama to the yoga type is performed.
- If the body is stressed, perform Corpse Pose or Child Pose
- Such asanas as Sukhasana or Shavasana help to reduce headaches.

He said Pranayama is an ancient Indian practice concerned with controlling your breath. Research has shown that practicing Pranayama may be able to relieve symptoms of asthma. It may be beneficial in treating stress related disorders, such as anxiety and depression.

In his last session he spoke about Meditation which can give us deep rest. Meditation is an activity in which the practitioner just sits and allows the mind to dissolve. In Art of Living, meditation is a simplified activity which can easily be practiced by all. Meditation is not concentration; it is de-concentration, according to its founder, Sri Si Ravi Shankar.

He spoke about some benefits of Meditation:

- A calm mind
- Good concentration
- Clarity of perception
- Improvement in communication
- Blossoming of skills and talents
- An unshakeable inner strength
- Healing
- The ability to connect to an inner source of energy
- Relaxation, rejuvenation, and good luck are all natural results of meditating regularly.

He also mentioned some Meditation Tips

- Choose a convenient time and place
- Sit comfortably with a light stomach

- Start with some warm-up exercises, deep breaths
- Smile and more...

With the help of Shri Anil S., the yoga teacher, we the students, teachers and non-teaching staff performed some asana, pranayama and at last meditation. It was a wonderful experience. The session concluded with vote of thanks by Dr. Smitha J. M. (Asst Prof).