

St. Cecilia's Public School
Yoga and its effectiveness
DATE: 13 to 23 March, 2023
ORGANISED BY: Sports department of the school
ATTENDED BY: All Teachers



A thriving workshop on “Yoga and its effectiveness” was organised in the school from 13 to 23 March 2023, in the early morning hours. The trainers for the session were Ms. Archita Singh and Ms. Neha Garg, the abled yoga instructors of the school. The 10 day extensive training aimed at bringing out expansive and wholesome development of all the teachers. The recreational training also promoted a sound mind and healthy body image that would further resonate the same productiveness among students.

The sessions began with customary prayer and ‘Om’ chanting in which the sole focus was to align mind with one’s breath, to get into an elevated state of consciousness and to have one-pointed focus towards spiritual realization.

Further, the sessions moved ahead with stretching of the neck, shoulder and waist, the essential warm up exercises, to start off effectively. These were followed by two rounds of ‘Surya Namaskar’ or ‘the Sun Salutations’ that foster physical and mental strength, better command over one’s body, calmness of the mind, balanced energies, and inner peace.

Multiple Asanas or postures were performed in varied positions that would usher in specific and generic gains. The training was devised to take care of numerous health conditions that prevail in today’s times. ‘Trikonasana’ for digestive health, ‘Paschimottasana’ for regulation of high blood pressure and ‘Purvottanasana’ for thyroid related issues. Likewise, Asanas that would maintain one’s diabetes and ensure proper heart function were also considerably practiced. Numerous Asanas like ‘Sukshma Kriya’, ‘Tadasana’, ‘Balasana’ that aimed at restoring cervical pains and removing stiffness from the body were practiced everyday. The sessions concluded with ‘Pranayamas’ and meditation along with ‘Gayatri Mantra’ chanting, to bring about relaxation after rigorous exercises that were practiced.

The training was quite instrumental in bringing out multiple benefits of Yoga -as it boosts immunity, helps improve sleep cycle, better cardiovascular functioning, nurturing bone density and digestive health. It is a way of life that targets at improving one’s mind and body balance. The workshop was thus useful in spreading awareness among the teachers to make it a lifestyle and inculcate these healthy practices in one’s routine copiously.