

GURUNANAK COLLEGE OF EDUCATION, PUNJABI BAGH, NEW DELHI
B.Ed. Programme 2016-18, Sem I

A REPORT ON THE WORKSHOP

'MINDFULNESS THROUGH YOGA AND MEDITATION' [20th Sept. 2016]



Being the part of the Subject 'Understanding the Self', Paper code 155, on the dated 20th Sept. 2016, an interactive workshop titled 'Mindfulness through Meditation and Yoga' was organized by Guru Nanak College of Education for all the students and Staff members of GNCE. It was an interactive session where all the students participated and gained information about Yoga and Meditation. **Mr. Indra Narayan Raman**, Yoga Organizer at Gandhi Bhawan, University of Delhi was the resource Person for the Event. He began the session with a brief discussion about Yoga continued with the significance of Yoga and described how Yoga is beneficial to everyone, at all ages with all abilities. It is not just physical but also mental geared towards all round wellness. The objective of yoga and meditation was discussed among the students. Starting with warming up and stretching and ending with meditation, they were also taught about the series of asanas like Padmasana, Paschimottasana, Vrajasana, Dhanurasana, Halasana, Pranayam for longevity. To bring about holistic approach to health and well-being, the idea of this workshop was proved very constructive, effective and impactful for the students.