## MATA SUNDRI COLLEGE FOR WOMEN (University Of Delhi)

## Organized a workshop on YOGA AND HEALTHY FOOD HABITS

DATE: 13.02.2023

**TIME:** 11:30am-1:00pm

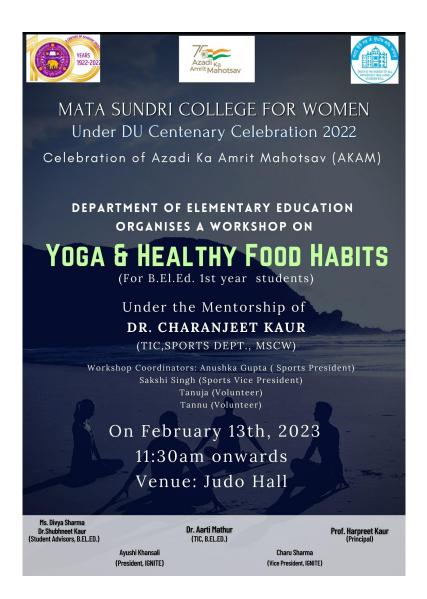
VENUE: JUDO HALL, Mata Sundri College for Women; University of Delhi

On **13th February 2023**, the Department of Elementary Education of Mata Sundri College for Women (University of Delhi) organized a workshop for B.El.Ed. 1st year students on **"Yoga and Healthy Food Habits**" within the college premises as part of the <u>celebration of Azadi</u> <u>ka Amrit Mahotsav</u>. This activity was an initiative as compliance with the guidelines by NCTE vide order no 1-2/2020/MS/NCTE dated 18.01.2023.

Workshop held under the mentorship of Dr. Charanjeet Kaur (TIC, Sports Department, MSCW) and coordinated by Anushka Gupta [Sports President] and Sakshi Singh [Sports Vice President], Tanuja (volunteer) and Tannu (volunteer). It was well organized by B.El.Ed student council IGNITE Members – Ms.Charu Sharma (Vice President), Ms.Jasmine Kaur (Secretary), Ms.Manmeet Kaur (Joint Secretary), Ms.Shrishti (CR, 2nd Year), Ms.Nikki Chhabra (CR,1st Year) under the guidance of Ms. Divya Sharma and Dr. Shubhneet Kaur (Student Advisors, B.El.Ed.) and Dr. Aarti Mathur (TIC, B.EL.ED.)

Students were full of enthusiasm and avidness for the session. The session started with some warm-up exercises to increase the elasticity in the muscles. Then volunteers addressed the students about the general information regarding the importance of yoga and yoga asanas. The session was preceded with lying poses such as Savasanas,Bhujangasana, Pawanmuktasana. It went ahead with the standing poses- surya namaskar. Everyone performed all the asanas with full energy. The coordinators and volunteers were keenly helping the students during the workshop. Then the session proceeded on with a discussion about the benefits of yoga, also providing a basic understanding on the significance of the nutritions in a regular diet. They also suggested various ways on how to inculcate it in one's daily routine as these asanas are easy to perform in a daily practice, so one could perform them at their home too. During the end of the session, students performed savasana and meditation as a part of cooling activity to relax the body.

Students enjoyed it a lot throughout the session, and ended up having a healthy interaction with each other.











New Delhi, DL, India Mata Sundari Marg Area, New Delhi, 110002, DL, India Lat 28.633492, Long 77.233989 02/13/2023 12:21 PM GMT+05:30 Note : Captured by GPS Map Camera New Delhi,DL,India Mata Sundari Marg Area, New Delhi, 110002, DL, India Lat 28.633522, Long 77.234062 02/13/2023 11:51 AM GMT+05:30 Note : Captured by GPS Map Camera