



AJEENKYA | THE INNOVATION
D Y PATIL UNIVERSITY UNIVERSITY

Yoga Workshop: (2021 - 2022)

Event Title: Yoga workshop

Date: 12th January 2022 – 9.30 Am to 10.30 AM

Duration: 1 hr

Trainer – Ms. Swapna Chamle

Event Overview:

The School of Hotel Management organized a one-day yoga workshop aimed at benefiting both students and faculty. The workshop was conducted by Ms. Swapna Chamle, an experienced yoga trainer, with the objective of promoting physical and mental well-being through the practice of yoga.

The session began with participants chanting the Gayatri Mantra to seek blessings and set a peaceful tone for the workshop. The yoga practice commenced with warming-up exercises and stretching routines to prepare the body. A series of foundational asanas (postures) were then introduced:

- Padmasana (Lotus Pose)
- Sukhasana (Easy Pose)
- Tadasana (Mountain Pose)
- Bhujangasana (Cobra Pose)
- Shavasana (Corpse Pose)

These asanas were complemented by exercises focused on stress relief, reducing joint pain, and enhancing the flexibility of the back, especially for the faculty members who often experience physical strain from their daily activities.

The workshop concluded with a calming session in Shavasana, allowing participants to relax their bodies and minds. The session was both energizing and soothing, leaving the participants refreshed and motivated to incorporate yoga into their daily routines for better health and wellness.

The workshop was a success, fulfilling its objectives of imparting valuable knowledge about yoga and promoting its benefits in everyday life. The participants appreciated the opportunity to engage in physical exercises that are beneficial for both the body and the mind.

