

Report of Workshop on Yoga & Meditation

1. **Event Details:** Workshop on "Yoga Asanas and Pranayama for improving overall Health and boosting immunity to prevent Diseases & Meditation"
2. **Date/Duration:** 16/02/2022 - 2 hrs
3. **Time:** 3:00-5:00 PM
4. **Participant's:** Faculty , Students & Non-Teaching Staff of COMP Dept (265)
5. **Topic:** Yoga Asanas and Pranayama for improving overall Health and boosting immunity to prevent Diseases & Meditation
6. **Aim:** To gain knowledge about Yoga Asanas and Pranayama for overall Health
7. **Objective:** To create awareness on the importance of Yoga & Meditation to prevent diseases and improve health, fitness, well-being of all.
8. **Schedule:**

Date	Day	Time	Speaker	Topic
16/02/2022	Wednesday	3:00-5:00 PM	Seema Gudadhe (Yog Sadhak), Founder- Muktai Yoga	Yoga Asanas and Pranayama for improving overall Health and boosting immunity to prevent Diseases & Meditation

9. Session Highlights:

The speaker began with by introducing about Yoga & Asana's. She started explaining the basics steps of Asana, Pranayam and Dhyan. She described various steps associated with it. She then interacted with the participant's by asking how they manage health and keep themselves fit. She further explained how to keep our digestive system healthy using Mandukasana. She also shared healthy tips for energizing the body and mind by using Bhastrika Pranayama. She showed how Surya-Namaskar be performed properly for improving overall health. She explained how Pranayama helps remove toxins and impurities. She demonstrated all Aasanas and Pranayam which will help for maintaining a healthy lifestyle. She shared the benefits of each Aasana simultaneously while demonstrating by her. She ended the session with a soothing Meditation session by playing soft music. Meditation helps us to overcome mental and emotional stress. All the participants enthusiastically participated and performed the Asanas along with her. She demonstrated the Asanas using chair as well as on ground also so that maximum benefit can be taken by the participants during the workshop.

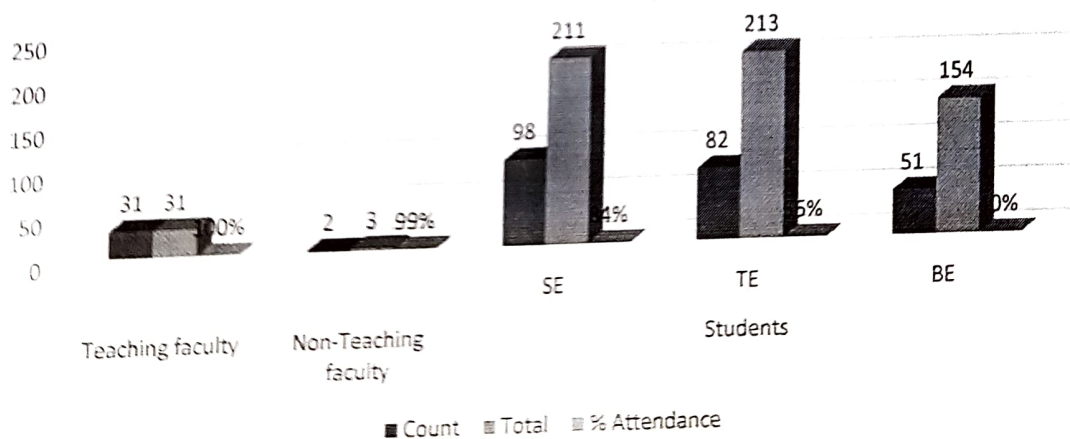
Some of the questions that were asked by the participants during the workshop are as below:

Sr. No.	Questions Asked By Participants	Answered By Expert
1.	Importance of Yoga and Meditation in Student Life	Improved concentration, Strength and endurance are very important, especially for students or people who have to toggle between various activities.
		Boosts student performance and overall improvement, Improves memory, Increase in Attention span.
2.	How we can improve our mental & physical health using Yoga	Increased muscle strength by performing Surya-Namaskar and Yoga-Asanas daily and also manage stress by doing Meditation regularly.

10. Attendance Analysis:

Sr.No	Teaching faculty	Non-Teaching faculty	Students		
			SE	TE	BE
Count	31	02	98	82	51
Total	31	03	211	213	154
% Attendance	100%	99%	84%	55%	40%

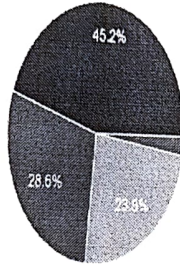
Attendance Analysis



11. Feedback Analysis & Remarks:

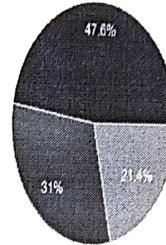
1) Teaching Staff Feedback Analysis

Ability to explain and clarity of concept



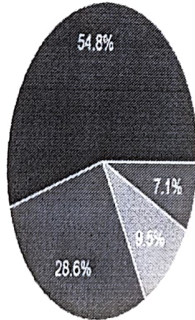
- Poor
- Fair
- Good
- Very Good
- Excellent

Ability to hold attention



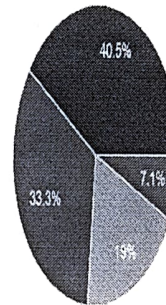
- Poor
- Fair
- Good
- Very Good
- Excellent

Course content delivered



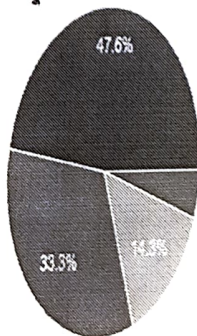
- poor
- Fair
- Good
- Very Good
- Excellent

Course Material (if required)



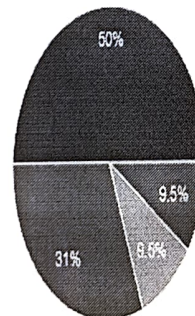
- poor
- Fair
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- Very Good
- Excellent

Time Management



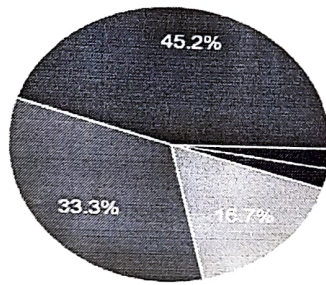
- poor
- Fair
- Good
- Very Good
- Excellent

Communication Skills



- poor
- Fair
- Good
- Very Good
- Excellent

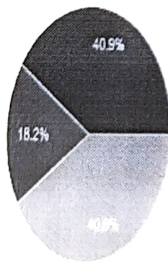
Knowledge gained



- poor
- Fair
- Good
- Very Good
- Excellent

2) Non-Teaching Feedback Analysis

Ability to explain and clarity of concept



- Poor
- Fair
- Good
- Very Good
- Excellent

Ability to hold attention



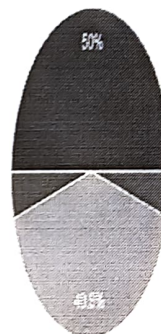
- poor
- Fair
- Good
- Very Good
- Excellent

Course content delivered



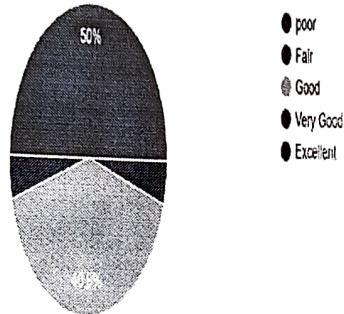
- poor
- Fair
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Course Material (if required)

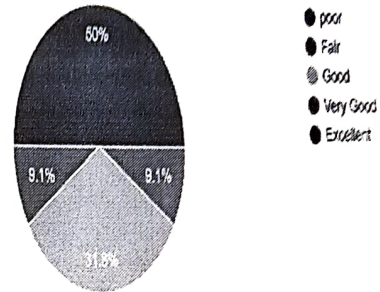


- poor
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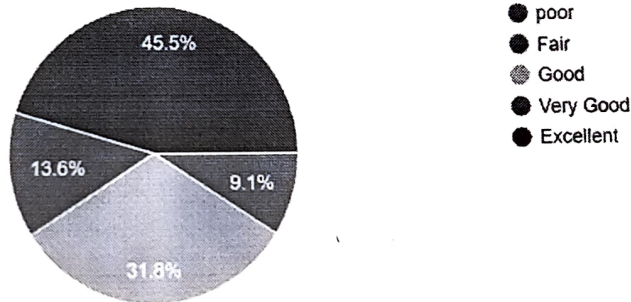
Time Management



Communication Skills

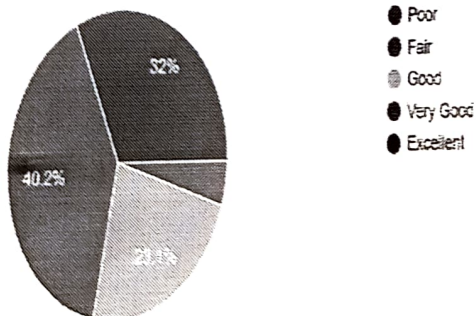


Knowledge gained

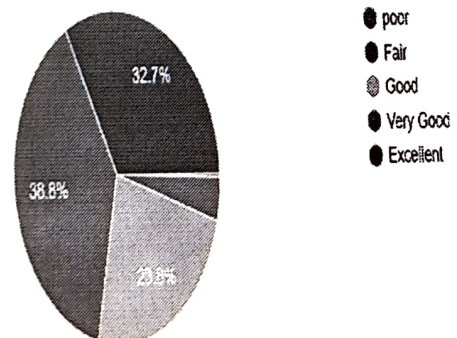


3) Student's Feedback Analysis

Ability to explain and clarity of concept



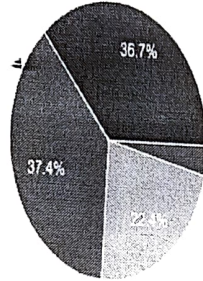
Ability to hold attention



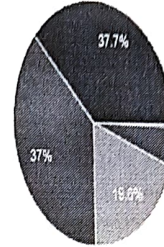
Course content delivered

Time Management

281 responses



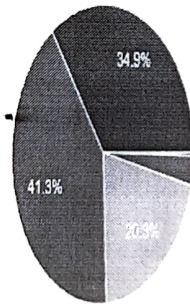
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- Very Good
- Excellent



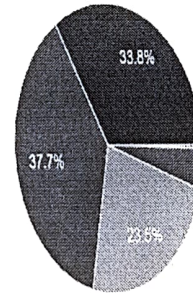
- poor
- Fair
- Good
- Very Good
- Excellent

Communication Skills

Knowledge gained



- poor
- Fair
- Good
- Very Good
- Excellent



- poor
- Fair
- Good
- Very Good
- Excellent

Note: Detailed analysis is enclosed in Annexure

As per the feedback received, the overall session was effective and beneficial for the participants below is the major takes away from session list given by participants.

Sr.No	Major Take-away's from the session
1	Got to know about yoga in depth
2	Great learning
3	Helped to learn Pranayam
4	Concentration
5	Yoga steps and discussions
6	Learned the many benefits of yoga
7	How to do meditation
8	Knowledge about the diet, when and how to meditate, about the Asanas and may other ways to live the healthy and happy life.
9	Different Asans Pranayam and Dhyan
10	Importance of yoga and meditation
11	Learn about benefits and different type of yoga
12	Yoga Asanas and Meditation

14	Very informative about yoga and well being
15	Got to know about the importance of diet and yoga as well
17	I got to know more Yoga Asanas
18	Concentration
19	Pranayam and chakra's in body
20	Nice session & learnt yoga Asanas
21	We learned about various yoga technique and importance of diet and how to remain fit in life. We learnt about various yoga postures.
22	Yoga can help us to develop our body physically as well as mentally strong also it helps us to manage our stress and anxiety and keeps relaxing. yoga helps us to increase flexibility, muscle strength and body tone. By daily practices of yoga we can build our logical thinking too.
27	Very informative
28	Good session
29	Importance of yoga and meditation
30	Excellent session
31	Sitting exercise is good
32	Health is wealth
33	More yoga techniques for Meditation
34	Learnt many Yoga steps and it's the benefits
35	Pretty peaceful and refreshing
36	Concentration Aasanas
38	Yoga
39	Benefits of Yoga to maintain the health
40	Yoga should be part of life
41	Yoga and Meditation
42	Exercise for healthy life
43	Practical exposure
44	Importance of yoga
45	Got to know lots of benefits of yoga Sadhna
46	Yoga is key to everything
47	Best yoga poses
48	I got relaxed and stress free
49	Importance of Yoga
50	Learnt how to Mediate and manage myself
51	Yoga is essential
52	Yoga Asanas
53	Very useful session

- Learnt new ways of doing Asanas and about maintaining a healthy diet to maintain proper body shape and improvise immunity.
- Yoga increases our flexibility, helps us to build strength, improves our posture, lowers blood pressure, reduces stress and helps us to make healthier life choices.
- Speaker explained and taught us to how we can practice Asanas easily in sitting posture itself as we spend most of the time throughout our day in sitting posture.

- It was a great session involving various Asanas which helped to understand the importance of yoga in one's life. An insightful workshop for the students.

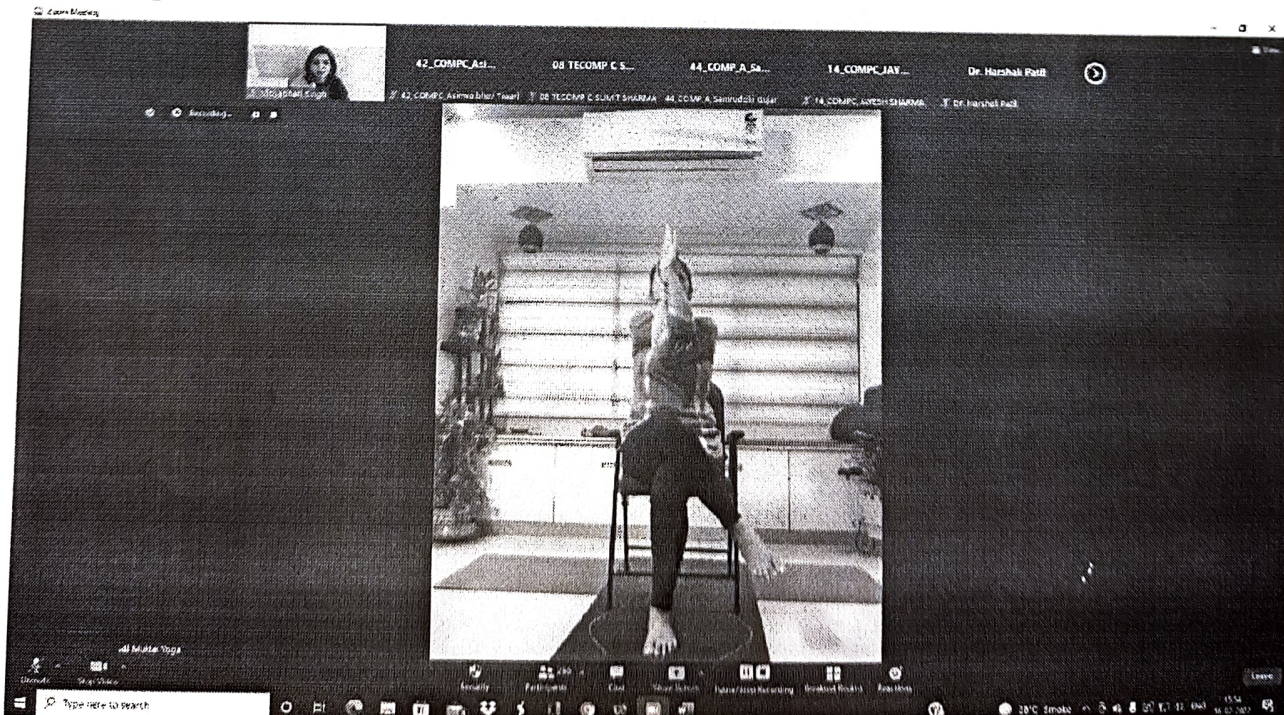
12. SWOT Analysis:

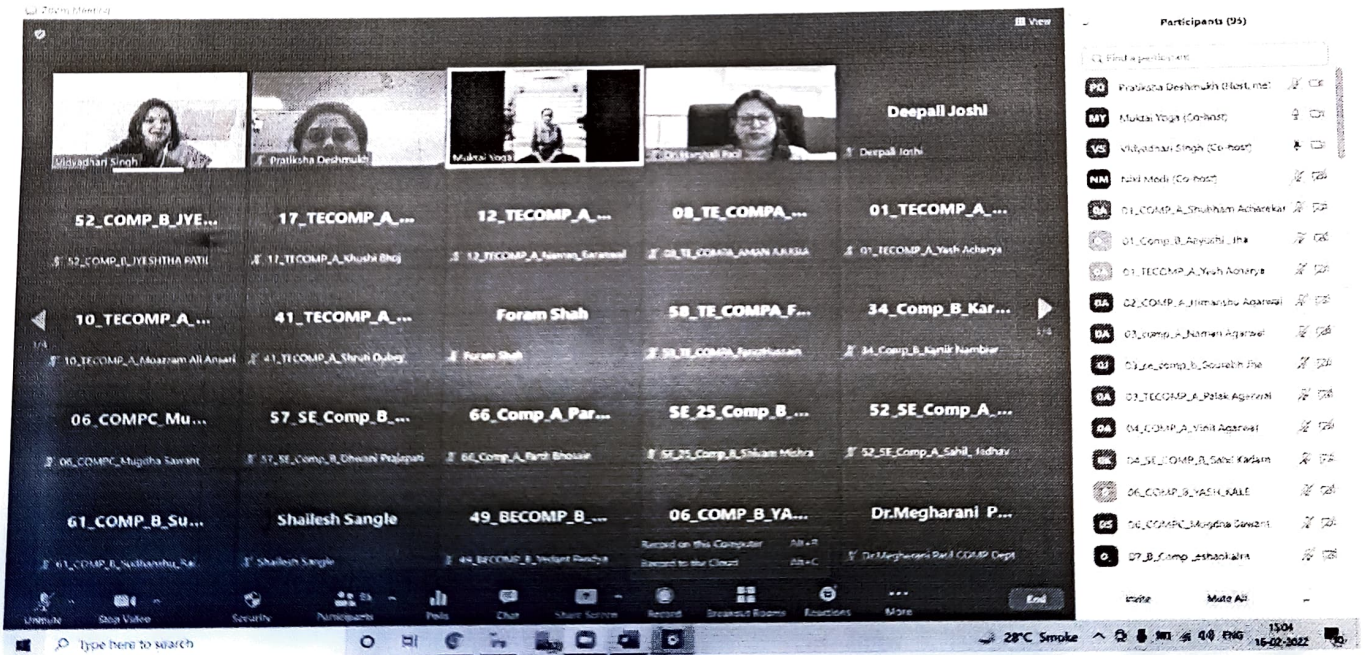
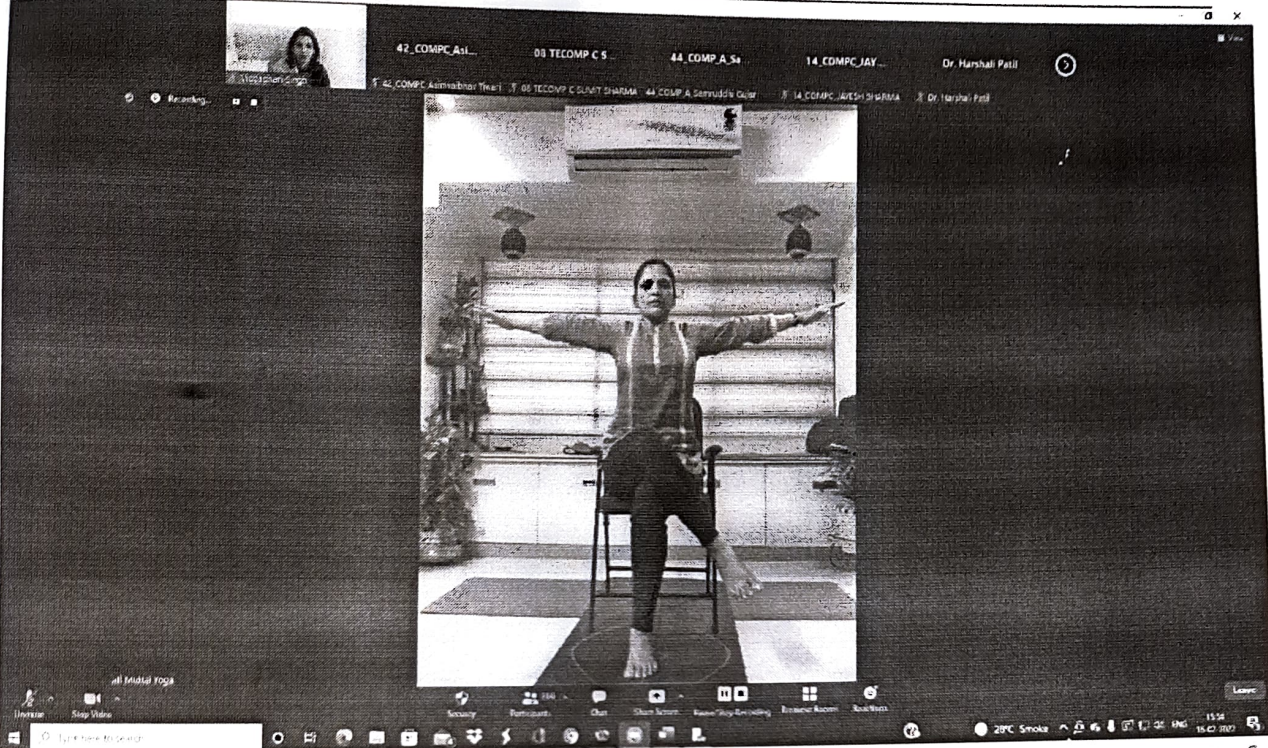
Strength	Weakness	Opportunity	Threat
Sessions like these are very relaxing and helpful for the well-being of all for maintaining good mental and physical health	<ul style="list-style-type: none"> • Since session was conducted online, face-to-face interactions were less • More time could be allocated to practice yoga and meditation 	<ul style="list-style-type: none"> • To increase the health awareness in terms of both physical and mental health, more sessions of similar kind can be arranged at institute level for maintaining the wellbeing of the staff • Session can be arranged in offline mode as well following common COVID protocol 	Due to online conduct, there was absence of physical observation of participants practicing the Asanas

13. Conclusion:

This one day Workshop on Yoga Asanas and Pranayama for improving overall Health and boosting immunity to prevent Diseases & Meditation was conducted by Seema Gudadhe (Yog Sadhak), Founder- Muktai Yoga. The take away from this workshop was the deeper understanding of yoga and Asanas, proper alignment while practicing the Asanas, Following 'mental hygiene' and self-care for body, and reaching a permanent state of emotional stability by Meditation.

14. Glimpses from the Session:







Prepared by

Vidyadhari Singh
28/02/22
Dr. Vidyadhari Singh
Pratiksha Deshmukh
28/2/22
Ms. Pratiksha Deshmukh
Niki Modi
28/2/22
Ms. Niki Modi
FDP Committee

Harshali Patil
02/03/22
Dr. Harshali Patil
HOD-COMP