

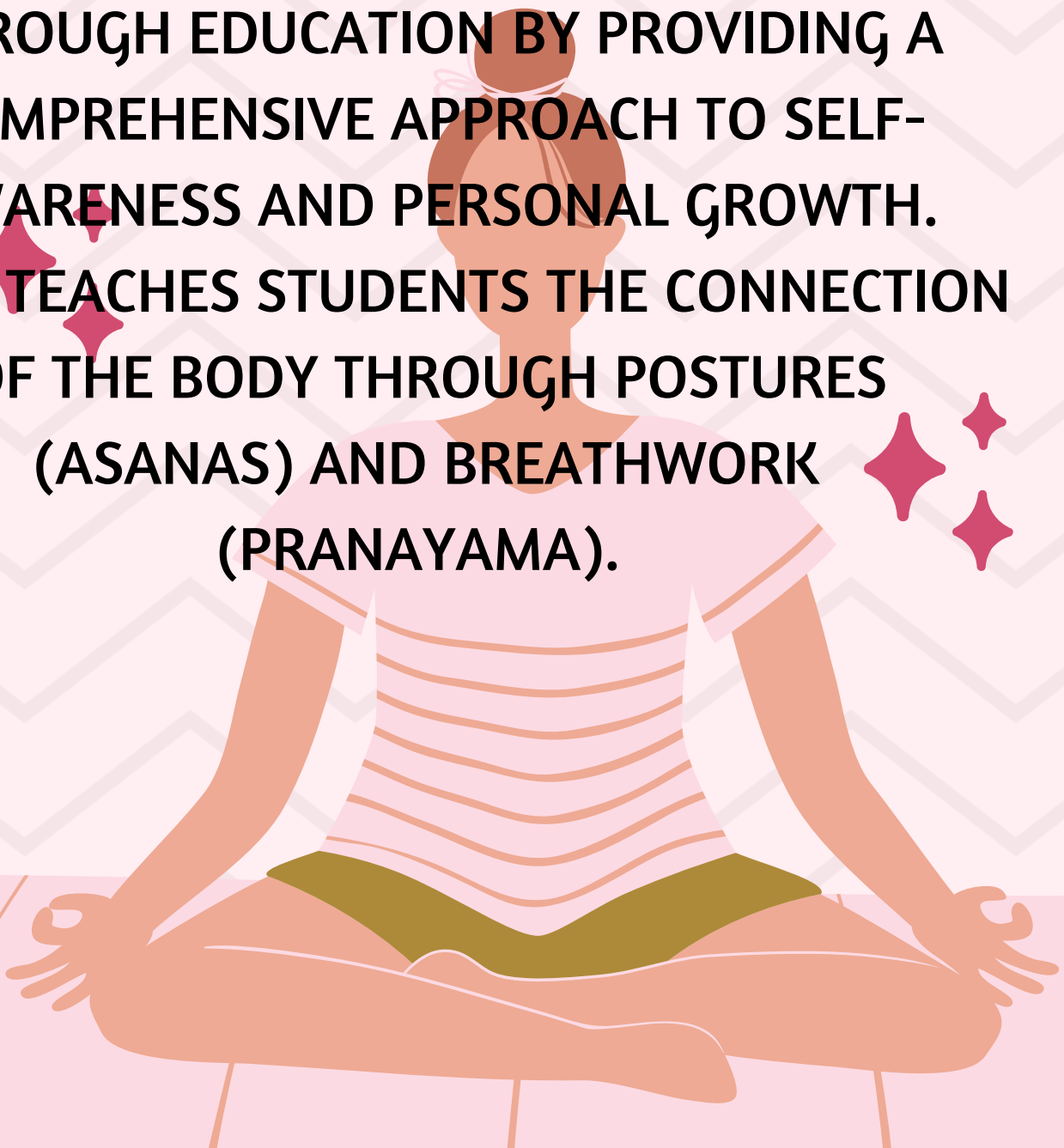


EDUYOGA



**INSTITUTIONAL
DISTINCTIVENESS**

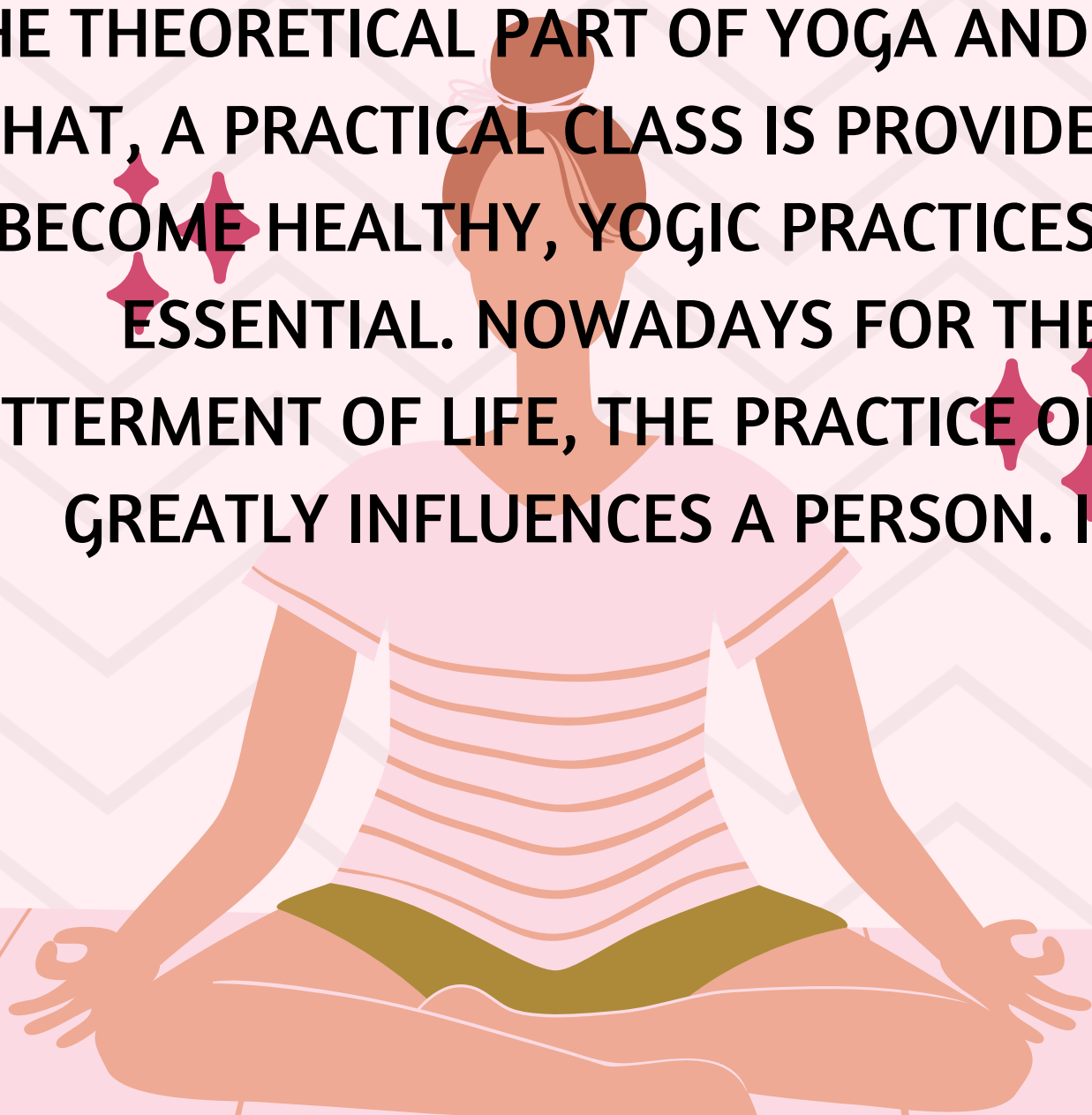
**VISION OF OUR INSTITUTION IS
“EMPOWERING INNER SELF THROUGH
EDUCATION”.THE ATTAINMENT OF THIS
VISION, YOGA PLAYS AN IMPORTANT ROLE.
YOGA CAN EMPOWER YOUR INNER SELF
THROUGH EDUCATION BY PROVIDING A
COMPREHENSIVE APPROACH TO SELF-
AWARENESS AND PERSONAL GROWTH.
YOGA TEACHES STUDENTS THE CONNECTION
OF THE BODY THROUGH POSTURES
(ASANAS) AND BREATHWORK
(PRANAYAMA).**



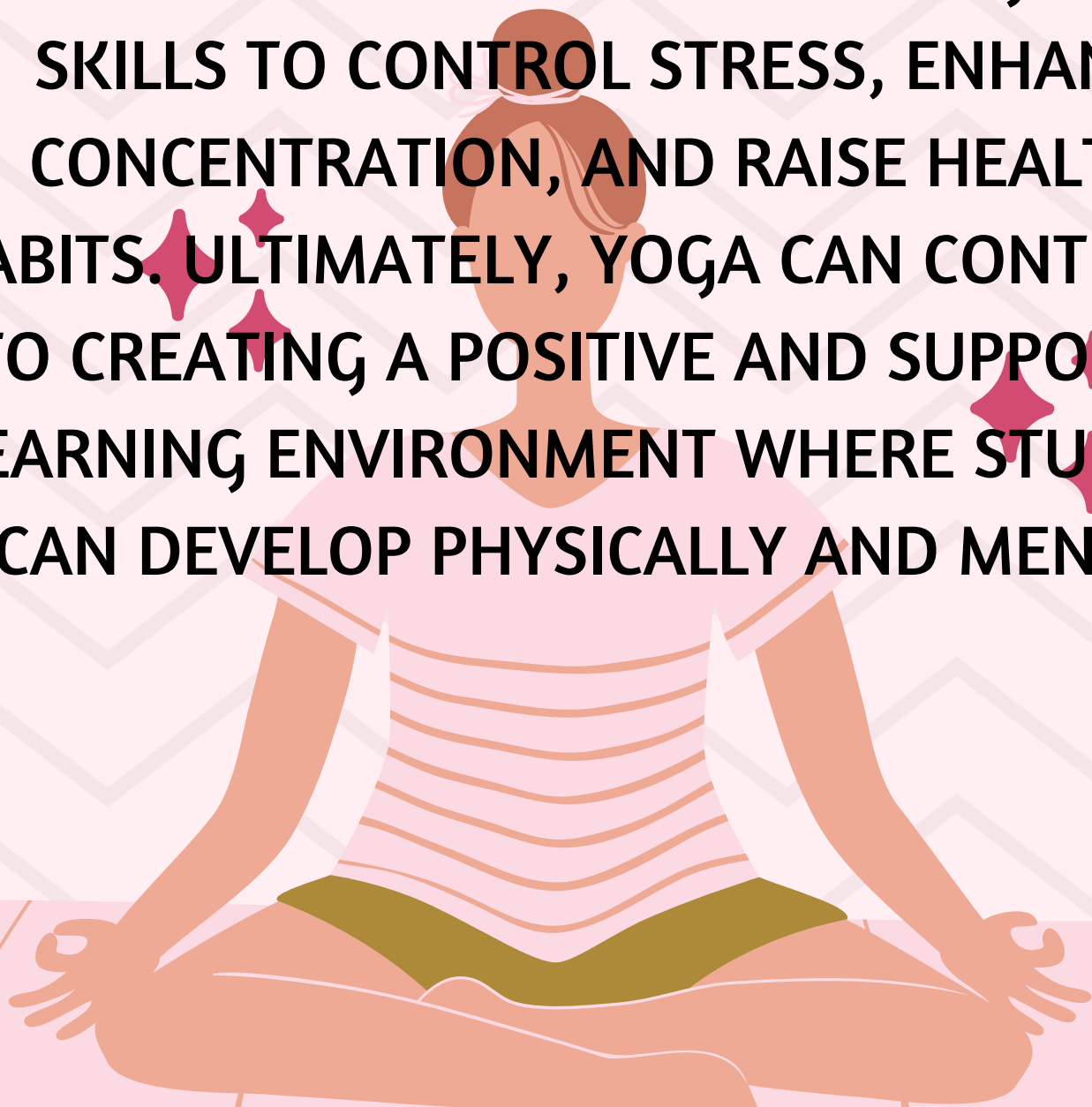
THROUGH YOGA, AN INDIVIDUAL LEARNS TO ACCEPT HIMSELF AND OTHERS AS THEY ARE. THIS ACCEPTANCE AND COMPASSION FOSTER A SENSE OF INNER PEACE AND CONTENTMENT. AS AN INDIVIDUAL PROGRESSES IN YOGA PRACTICE, THEY MAY NOTICE CHANGES IN MINDSET, BEHAVIOURS, AND ATTITUDES OF HIMSELF. THIS PERSONAL TRANSFORMATION CAN LEAD TO A MORE EMPOWERED AND FULFILLED LIFE. YOGA OFTEN PROVIDES A SENSE OF COMMUNITY AND SUPPORT, WHETHER THROUGH CLASSES, WORKSHOPS, OR ONLINE PLATFORMS



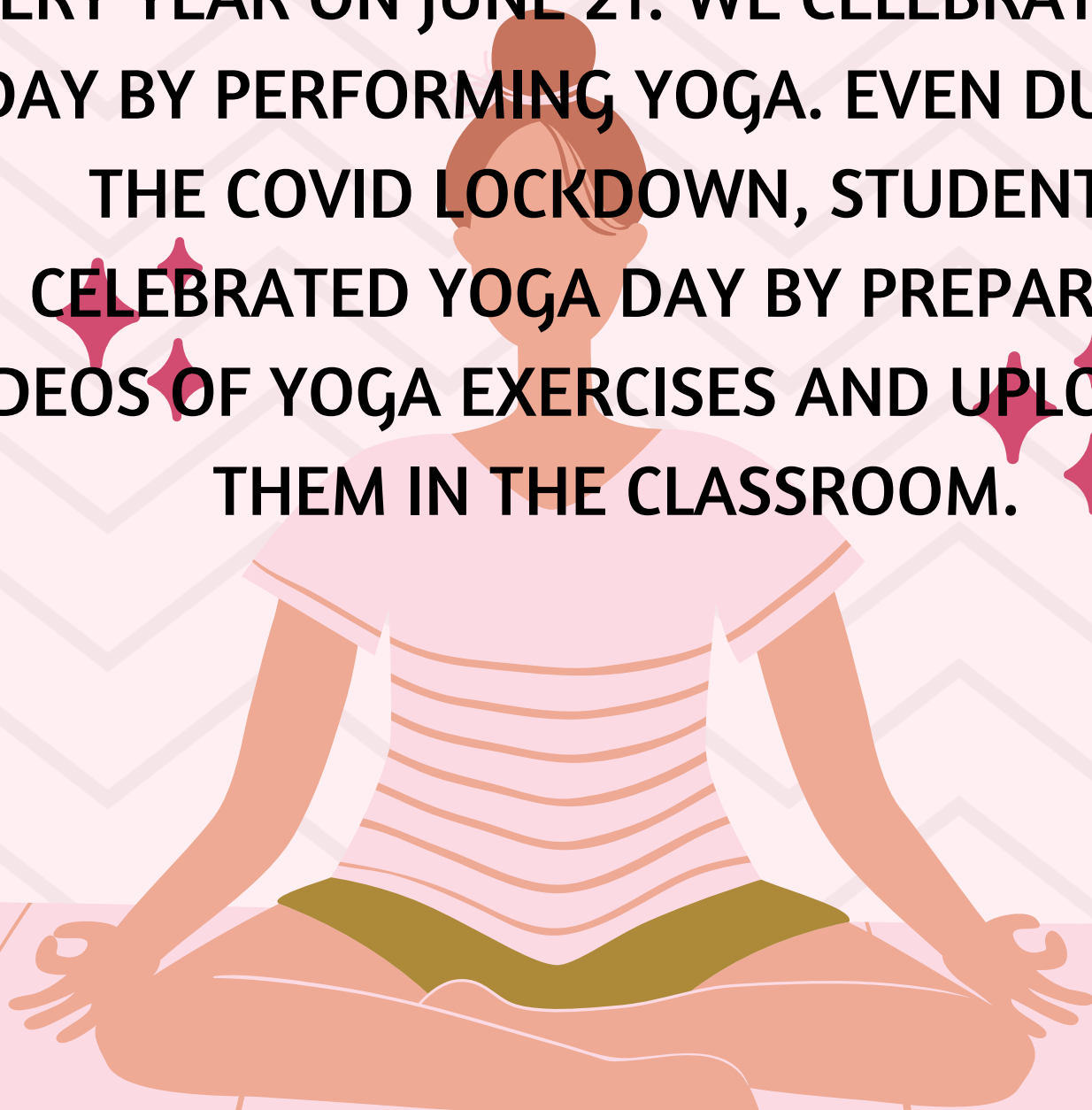
IN OUR INSTITUTION, DR. AZZEZ IS THE PHYSICAL EDUCATION INSTRUCTOR AND ALSO PLAYS THE ROLE OF YOGA INSTRUCTOR. FIRSTLY, OUR FACULTY MS. INDHU P. K. TAKES THE THEORETICAL PART OF YOGA AND AFTER THAT, A PRACTICAL CLASS IS PROVIDED. TO BECOME HEALTHY, YOGIC PRACTICES ARE ESSENTIAL. NOWADAYS FOR THE BETTERMENT OF LIFE, THE PRACTICE OF YOGA GREATLY INFLUENCES A PERSON. I.Y.



THIS HOLISTIC APPROACH FOSTERS STUDENTS' OVERALL WELL-BEING, AND ACADEMIC SUCCESS BY TEACHING THEM SKILLS TO CONTROL STRESS, ENHANCE CONCENTRATION, AND RAISE HEALTHY HABITS. ULTIMATELY, YOGA CAN CONTRIBUTE TO CREATING A POSITIVE AND SUPPORTIVE LEARNING ENVIRONMENT WHERE STUDENTS CAN DEVELOP PHYSICALLY AND MENTALLY



INTERNATIONAL YOGA DAY IS OBSERVED EVERY YEAR ON JUNE 21. WE CELEBRATE THAT DAY BY PERFORMING YOGA. EVEN DURING THE COVID LOCKDOWN, STUDENTS CELEBRATED YOGA DAY BY PREPARING VIDEOS OF YOGA EXERCISES AND UPLOADING THEM IN THE CLASSROOM.



DURING THE INTERNSHIP TEACHING PRACTICE PERIOD OUR STUDENT TEACHERS TEACH SCHOOL STUDENTS YOGA ASANA AND CONDUCT THE DEMONSTRATION OF THAT TOO AND PRACTICAL CLASSES ARE ALSO PROVIDED. BY PRACTISING YOGA CAN HELP THEM ENHANCE THEIR PHYSICAL HEALTH, BOOST THEIR MENTAL FOCUS, AND NURTURE THEIR EMOTIONAL FLEXIBILITY

