

YOGA SESSION- FACULTY BOOTCAMP

Event Date: - 14/ 05/2025 to 16/05/2025

Event Venue: - SBG Dinning Hall

A special three day's Yoga session bootcamp was organized by Dr. Preeti Bajaj (Director), Dr. Mahavir Singh Naruka (DSW), for 'All Functional Heads' in the institute from 14/05/2025 to 16/05/2025 with the objective of promoting physical well-being, mental peace, and stress management among educators. The session aimed to introduce simple yet effective yoga practices that can be easily incorporated into daily routines to enhance overall health and productivity.

This initiative was specially designed keeping in mind the hectic schedules and work-related stress faced by faculty and Staff members. The bootcamp received an enthusiastic response and active participation from all functional heads and staff members.

Overall, the session served as a refreshing break from routine and highlights the importance of yoga in maintaining a balanced lifestyle. Feedback from the participants was highly positive, with many expressing a desire for more such wellness programs in the future.

Day 1: Introduction & Relaxation Techniques

Theme: *"Reconnecting with BREATH"*

- The session began with a brief introduction about the importance of yoga for physical and mental wellness.
- Basic breathing exercises (Pranayama), meditation, and Sukshma Vyayam (light stretching) were taught.

Day 2: Strengthening & Flexibility

Theme: *"Building Inner Strength"*

The session started with warm-up exercises followed by Surya Namaskar.

- Various asanas focusing on posture correction, flexibility, and strength building were practiced.

Day 3: Mindfulness & Stress Management

Theme: *"Balance & Mindful Living"*

- The final day focused on mindfulness techniques and stress-relieving practices.
- Faculty were introduced to YOGA NIDRA (Yogic sleep) and mindful breathing techniques.

The session was successfully organized and appreciated by all. Faculty members expressed that the sessions not only helped them relieve stress but also motivated them to include yoga as a part of their daily routine.





