

## **'Workshop on Rejuvenate Mind through Yoga' by Ms. Niketa Borkar**

Graduate in Yoga from Yoga Vidya Niketan

*During this 2-day workshop, the invited speaker Ms. Niketa Borkar, Graduated in Yoga, shared her immense knowledge about Yoga and Pranayam. Yoga is spiritual discipline which include breathe control, simple meditation and adaptation of specific body posture practiced for health and relaxation. The aim of Yoga is to help us realize our identity with the Divine Self, to make us know and tune into our intrinsic nature.*

### **About Program:**

In today's lifestyle it is very difficult but foremost important to keep ourselves healthy and happy. Yog is practiced for more than 5000 years in Hinduism.

A 2-day Workshop titled "Rejuvenate Mind through Yoga" is an effort taken by Department of First Year Engineering to improve physical and mental health of people.

At the beginning compere introduced Ms. Niketa Borkar including her experience and professional degree in the field of Yoga. Resource person Ms. Niketa Borkar highlighted her experience and passion for Yoga. The speaker introduced importance of yoga for healthy and happy life.

Ms. Niketa Borkar started day-1 of workshop by explaining yoga and various types of yoga. She also explained Pranayam and difference between Yoga and Pranayam.

Ms. Niketa explained purpose of doing yoga and pranayama and she also explained different types of pain to make viewers understand where to stop stretching our body. She warned everyone not to stretch much as yoga is not any competition.

Day 1 of workshop started with Omkar Sadhna and Prathna. On Day 1 of the workshop Ms. Niketa Borker demonstrated and explained Yogs like Vajrasan, Kapalbharti, Hastapadasan, Parvatasan and Bhujangasan.

Day 2 of the workshop started with revision of various Yogs performed during Day 1 followed by Kapal bharti, Marjarasan, Parivartit Chakrasan, Bhramari and Yoga mudra.

Ms. Niketa Borkar explained importance of various Yoga and Pranayam and performed following Yoga and Pranayam to show actual way of doing it. She also explained advantages of these Yoga / Pranayam.

*Note: For each Yoga/ Pranayam, Ms. Niketa boker exclusively explained the contraindications i.e. who should not perform the respective Asan or Pranayam.*

### **Key Takeaways**

Ms. Niketa Borkar gave very energetic workshop session on Yoga and Pranayam. The speaker gave insights of how to maintain our physical and mental health. The workshop concluded with Question and answer session. The speaker gave very important Do's and Don'ts while performing various Yoga and Pranayam. Overall, it was very informative workshop where participants got right way of doing Yoga and Pranayam from speaker. The workshop will help participants to keep their physical and mental health at significant level.

Compiled by – Prof. Nilima Main and Prof. Ishan Upadhyay of Vidyalankar Institute of Technology