

INTERNATIONAL YOGA DAY CELEBRATED AT SHAIKH GROUP OF INSTITUTIONS



International Yoga Day was celebrated at Shaikh Group of Institutions recently at Shaikh Campus, Nehru Nagar, Belgaum. The session began with yoga demonstration by performing various asana's like suryanamaskar, Tadasana, Vriksasa, Ardha Chakrasana, Padmasana etc. The dignitaries present during the event were Mrs. Indira Sutar, Principal, Shaikh College of Education, Mr. Simon Lobo, Principal, Shaikh Central School, Mr. Ramesh Godse, Principal, Shaikh PU College and Mr. Gajendra Pawar, Administrator, Shaikh Central School.

Addressing the gathering Mr. Ramesh Godse emphasized the need of practicing yoga and adopting a natural lifestyle which is essential to get rid of increasing obesity and other diseases among students. He emphasized the importance of yoga in modern life. He further said that yoga is very safe and can be safely practiced by anyone anytime even by children also to take it's all the benefits. "Yoga is beneficial to everyone and keeping this in mind, we have decided to start a yoga session in our college. This should keep it an ongoing process for students and staff," said Mrs. Indira Sutar, Principal, Shaikh College of Education.

Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature, said Mr. Simon Lobo, Principal, Shaikh Central School.

Warm up exercises were taken and all the students performed sitting and standing asanas, importance of these were explained simultaneously. The physical Education teacher guided the students with different ASANAS and explained their importance in daily life.

. The session resulted in stress reduction and increase positive attitude. The students and staff performed yoga with great enthusiasm and enjoyed their initial step towards Yoga. The event concluded with vote of thanks.